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Tuesday

OCTOBER 23, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

'IN GOOD SHAPE'

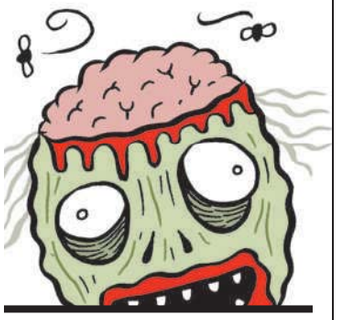
Chris Cooley is back after the Redskins cut him 2 months ago **19**

EARTH-SHATTERING

Italian court gives experts prison time for not warning of quake **8**

THE NIGHT SHIFT

Biking zombies and other ideas to scare off Halloween calories **25**



am **78 | 59** pm

FOR EXTENDED FORECAST, SEE PAGE 41

There are 3,143 counties* in America.

The election could be decided by 106 of them.

Sure, Romney and Obama are duking it out to win swing states, but the key to the White House most likely lies with a much smaller group of voters **11**

Eighteen of those are in Virginia, including Prince William and Loudoun counties.

*According to 2009 Census Bureau figures, which include county equivalents such as Virginia's independent cities

eo

eye openers

REFLECTIONS

Exhibit Turns Patrons Into Hand-Washing Tattletales

An Austrian artist has installed a one-way mirror in a Vienna cafe that allows men to peek from their restroom into the ladies room — but only shows women at the sink. Alexander Riegler said Monday that the mirror is an attempt to "stir people into a discussion of voyeurism and surveillance." In January, the mirror will let women see the faces of men as they stand at the urinals. (AP)

"I have always found great comfort in the idea that owls are the natural lookouts of our world, and so it would really help."

— **SUSAN,** A WOMAN WHO POSTED A JOB ONLINE SEEKING SOMEONE TO COME TO HER HOME IN MELBOURNE, AUSTRALIA, PREFERABLY DRESSED AS AN OWL, TO WATCH OVER HER FROM 11 P.M. TO 6 A.M. AS SHE SLEEPS, THE SUN REPORTED MONDAY

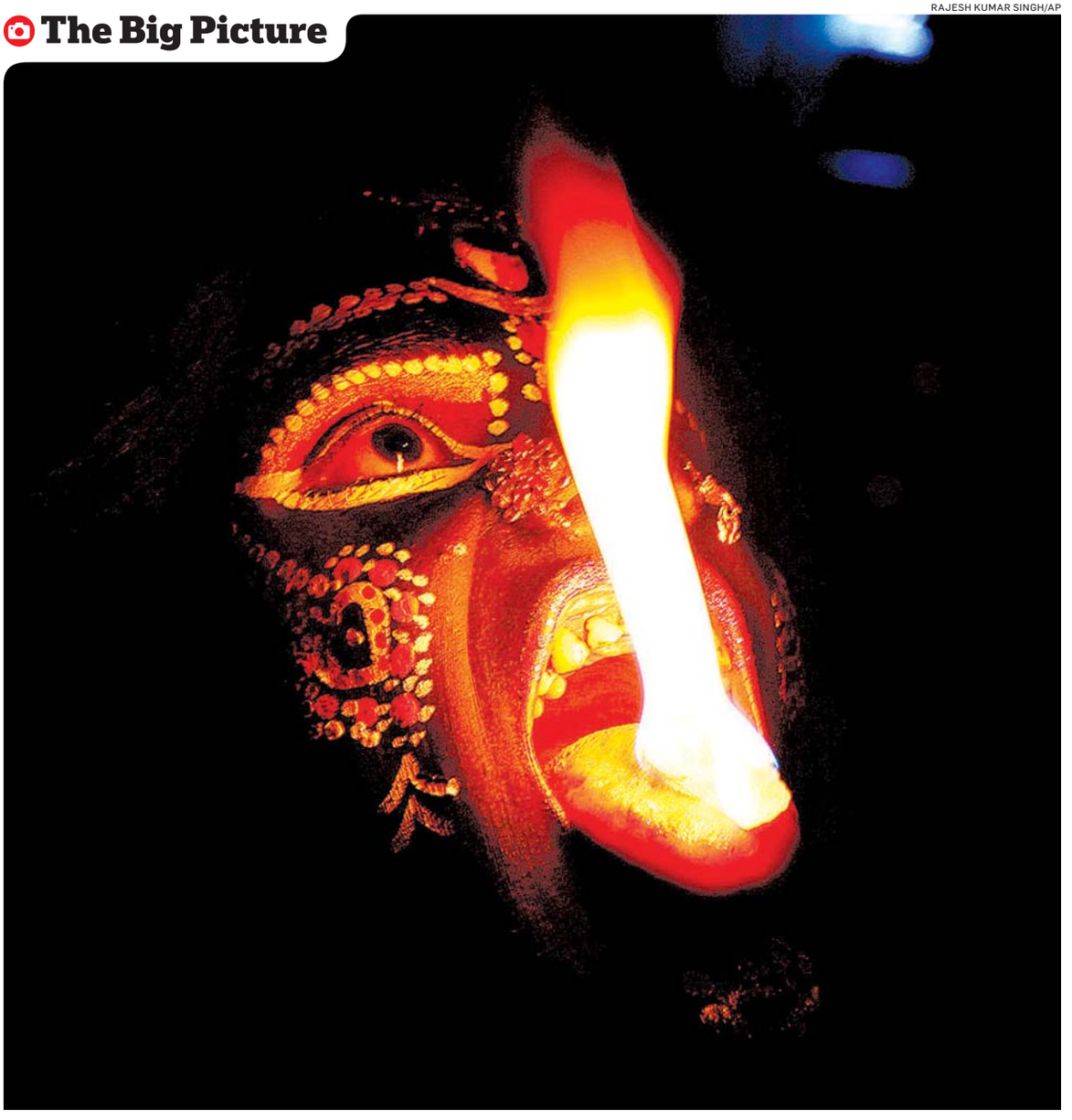
FRIEND REQUEST

'Does This Mean We Aren't Barbecuing Tonight Either?

A Tennessee man was charged Friday with burglary after a resident returned home to find several items missing and the man, Kylan Brock, 27, in the backyard drinking beer. After police were called, Brock ran away but left his ID at the home, the Tennessean reported Sunday. Brock was arrested and charged with burglary and aggravated burglary. (EXPRESS)

The Big Picture

RAJESH KUMAR SINGH/AP



SO "SPICY" REALLY MEANS SPICY HERE: An Indian performer dressed as the Hindu goddess Kali performs with fire Sunday during the Navratri festival in Allahabad, India. Navratri, or the festival of nine nights, is an annual Hindu festival of worship and dance.

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Retirement Fears Skew Younger

Many 30-somethings doubt their financial security, survey says

Washington

Americans in their late 30s are now the group most likely to doubt they will be financially secure after retirement, a major shift from three years ago, when baby boomers nearing retirement age expressed the greatest worry.

The survey findings by the Pew Research Center, released Monday, reflect the impact of a weak economic recovery beginning in 2009 that has shown stock market gains while housing values remain decimated.

As a whole, retirement worries rose across all age groups — roughly 38 percent of U.S. adults say they are "not too" or "not at all" confident that they will have sufficiently sized financial nest eggs, according to the independent research group. That's up from 25 percent in 2009.

But the concerns are increasing the greatest among younger adults approaching middle age, whose equity in their homes represents most of their net worth. About 49 percent of those ages 35-44 said they had little or no confidence that they will have enough money for retirement, more than double the 20 percent share in that age group who said so in 2009.

"The wealth data showing those approaching or in early middle age had lost the most in the past decade suggests that their concerns are not misplaced."

— **RICHARD MORIN,** SENIOR EDITOR AT THE PEW RESEARCH CENTER ON THE NEW SURVEY

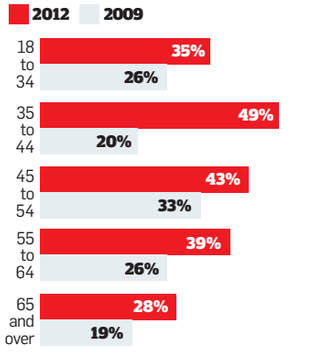
Baby boomers born between 1946 and 1964 also reported having more retirement anxieties than before, but now to a lesser degree compared to their younger counterparts. About 43 percent of Americans ages 45-54 expressed little or no trust in their retirement security, up from 33 percent in 2009. Among Americans ages 55-64, the share expressing little or no confidence was 39 percent, up from 26 percent.

Broken down by smaller groups, the Pew analysis found that retirement worries peaked among adults in their late 30s; a majority, or 53 percent, of Americans ages 36 to 40 lacked confidence that they will have large enough nest eggs. Just three years ago, it was baby boomers ages 51 to 55 who had the most anxiety over whether their income and assets would be sufficient.

Richard Morin, a senior editor at Pew who co-authored the report, said that it is hard to predict whether 30-somethings will continue to express the most retirement worries in the years to come, but said it was a "real possibility" given that housing values aren't expected to fully recover anytime soon. HOPE YEN (AP)

Retirement Worries Surge for Ages 35 to 44

The percentage in each age group who are "not too" or "not at all confident" they will have enough to live on in retirement.



NOTE: RESULTS FROM 2012 BASED ON TOTAL SAMPLE OF 2,508. RESULTS FROM 2009 BASED ON TOTAL SAMPLE OF 2,969. PEW RESEARCH CENTER

Auctioning Off History: The National Geographic Society is planning to auction a small selection from its massive archive — 240 pieces spanning from the late 1800s to the present — Dec. 6 at Christie's. The auction is expected to raise about $3 million, the first time any of the D.C. institution's collection has been sold. Among the items will be a 1908 portrait of Arctic explorer Adm. Robert E. Peary in Cape Sheridan, Canada, at left. (AP)

In Brief

WASHINGTON

FDA: 5 Reported Deaths Linked To Monster Drink

The U.S. Food and Drug Administration said Monday it's investigating reports of five deaths and a non-fatal heart attack linked to highly caffeinated Monster Energy Drinks. FDA spokeswoman Shelly Burgess said the reports don't prove that the drinks caused the deaths. Monster says it doesn't believe its products caused any deaths. (AP)

WASHINGTON

Medical Group Gives New Guidelines for Pap Tests

Most women can wait three to five years between checks for cervical cancer, depending on their age and test choice, the American College of Obstetricians and Gynecologists said on Monday. Many groups have long recommended a Pap every three years for most women. (AP)

NEW YORK

Pregnant Slain Woman's Fiance Was Still Married

Police say the fiance of a pregnant woman found stabbed to death Saturday in Brooklyn was still married to another woman in New Jersey. No arrests have been made in the death of Vindalee Smith. Her fiance, Anthony Jackman, was interviewed by authorities and released. Smith planned to marry Jackman on Sunday. (AP)

Nation

Russell Means, Indian Activist, Dies at 72

Sioux Falls, S.D.

Russell Means never shunned attention. Whether leading American Indians in railing against broken federal treaties, appearing in a Hollywood blockbuster or advocating a sovereign American Indian nation within U.S. borders, the activist who helped lead the 1973 uprising at Wounded Knee reveled in the spotlight.

Means died early Monday at his ranch in Porcupine, S.D., Oglala Sioux Tribe spokeswoman Donna Salomon said. He was 72. Means announced in August 2011 that he had inoperable throat cancer said he was forgoing mainstream medical treatments in favor of traditional American Indian remedies.

Born on the Pine Ridge Indian Reservation, Means grew up in the San Francisco area before becoming the first national director of the American Indian Movement. AIM was founded in the late 1960s to protest the U.S. government's treatment of American Indians and demand the government honor its treaties with Indian tribes.

JAY PICKTHORN/AP

Outspoken American Indian rights advocate Russell Means died Monday at 72.

Means ran unsuccessfully for the Libertarian nomination for president in 1988 and was known for his role in "The Last of the Mohicans."

Salomon, the tribal spokeswoman, called Means' death a "great loss" for the Oglala Sioux Tribe.

DIRK LAMMERS (AP)

$1.6B

The amount European private equity firm Permira Funds is paying to acquire genealogy website Ancestry.com, the site announced Monday. The offered price of $32 per share is a nearly 10 percent premium over Friday's closing price of $29.18. Ancestry.com operates a website for researching family history and has more than 2 million paying subscribers. More than 10 billion records have been added to its site over the past 15 years. (AP)

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Nation

Wife of Gunman Among Wis. Dead

Documents: Suspect had history of threats prior to spa shooting

Milwaukee

A Wisconsin woman whose husband killed her and two others at the spa where she worked said he threatened to throw acid in her face and jealously terrorized her "every waking moment," according to court documents.

Authorities say Radcliffe Franklin Haughton, 45, killed three women, including his 42-year-old wife, Zina Haughton, and wounded four others Sunday before turning the gun on himself.

Haughton

The Waukesha County medical examiner's office on Monday identified the dead as Zina Haughton; Cary L. Robuck, 35, of Racine; and Maelyn M. Lind, 38, of Oconomowoc. All were found in the spa.

Brookfield Police Chief Dan Tushaus said he wasn't aware of a motive in Sunday's shooting.

A .40-caliber semiautomatic handgun was used in the attack, said agent Tom Ahern, of the Bureau of Alcohol, Tobacco, Firearms and Explosives.

A spokeswoman at Froedtert Hospital said one of the four women remained in critical condition. The three other women were in satisfactory condition.

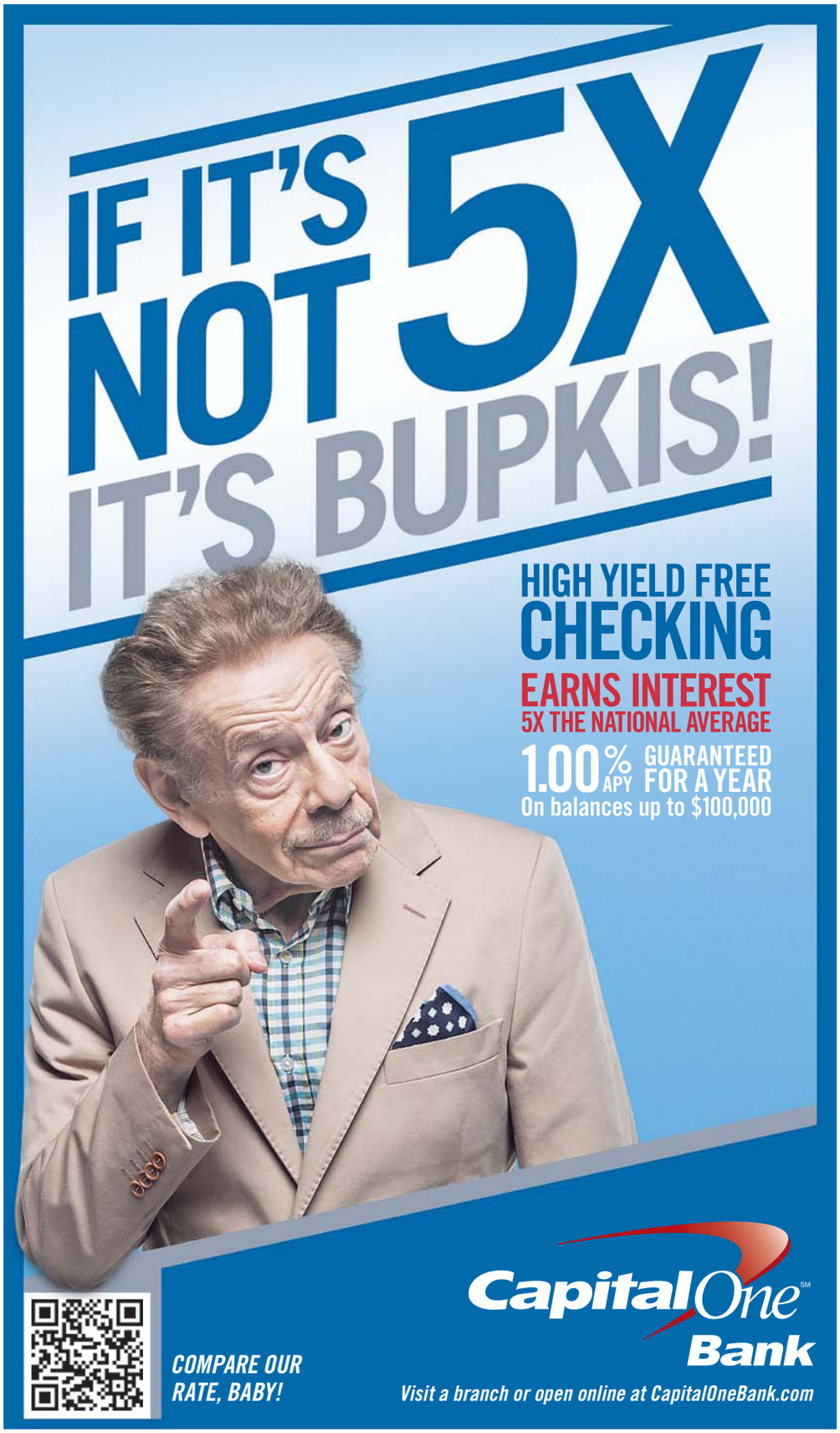
It was the second mass shooting in Wisconsin this year. Wade Michael Page killed six people and injured three others before fatally shooting himself Aug. 5 at a Sikh temple south of Milwaukee. In 2005 a gunman opened fire at a Living Church of God service held at a hote, killing seven and wounding four. DINESH RAMDE (AP)

Backstory

In a written request for a restraining order filed Oct. 8, Zina Haughton said her husband, Radcliffe Haughton, said he would kill her if she ever left him or called the police, according to the court papers. In a separate police report, Zina said the couple was in the process of getting a divorce. She was granted a four-year restraining order Thursday. Under the order, Haughton was told to turn in all firearms. Police said Monday that Haughton bought the gun used in the spa shooting two days after he turned in all his weapons. (AP)

No Organic Advantage?

Science hasn't proven that pesticide-free food makes people any healthier than conventional foods, the American Academy of Pediatrics reported Monday in its first advice on organics. Published online in Pediatrics. The research concluded that while eating organic fruits and vegetables can reduce pesticide exposure, the amount measured in conventionally grown produce was within safety limits. (AP)



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World

In Brief

HASSENE DRIDI/AP

Protesters rally on Monday in Tunis, Tunisia, against increasing violence.

TUNIS, TUNISIA

Protesters Decry Uptick In Violence Over Politics

Thousands decried the growing violence in Tunisian politics during a protest in the capital Monday, warning that the nation's nascent democracy is at risk almost exactly a year after it held historic elections. The march in Tunis came four days after the death of a union leader during a protest that turned violent. (AP)

JERUSALEM

Carter Blames Israel As Peace Prospects Dim

Former U.S. President Jimmy Carter said Monday during a visit to Jerusalem that the prospect of an Israel-Palestinian peace accord is "vanishing," blaming Israeli settlement of the West Bank. Carter, 88, a longtime critic of Israeli policies, called the current situation "catastrophic" and blamed Israel for the growing isolation of east Jerusalem from the West Bank. (AP)

KABUL, AFHGANISTAN

Police: Man Killed Wife To Keep Her From a Job

A man in a western Afghan city confessed to stabbing his wife to death during an argument to prevent her from taking a job outside the home, police said Monday. But the woman's relatives disputed the account, saying her husband was a drug addict who killed his wife because she refused to give him money. (AP)

Syrian Chaos Threatens Lebanon

Civil war's spread may upend volatile nation next door

Beirut

Potentially the most unstable country in the Middle East, Lebanon for the most part has stayed on the sidelines of the Arab Spring, keeping up appearances as an oasis of relative modernity, commerce and good times.

But the spillover effects of the Syrian war are ripping off that thin veneer.

Beneath the surface lurk the same forces that devastated the country during its years of civil war, with simmering hatreds still dividing Muslims and Christians, Sunni and Shiites, and secular and fundamentalist groups. Outside forces are still arrayed, militias are still armed and the country seems forever on the verge of tearing itself apart.

The assassination of Lebanon's intelligence chief in a car bomb Friday is threatening to upend a fragile political balance in Lebanon, a country plagued by decades of strife — much of it linked to political and military domination by Damascus.

MAYA ALLERUZZO/AP

Lebanese forces stand guard outside the government palace in Beirut on Monday.

The funeral for Brig. Gen. Wissam al-Hassan, 47, descended into chaos over the weekend as soldiers fired tear gas at protesters who tried to storm the government palace. The protesters were furious at a leadership they consider beholden to Syria, blaming al-Hassan's death on the regime in Damascus.

In the hours following the funeral, gunmen fought street battles in Beirut and Tripoli. Sectarian clashes killed at least five people, and on Monday cracks of gunfire rang out in Beirut.

It's too early to know if the al-Hassan killing will plunge Lebanon back into war, but his death does not appear to be having the kind of galvanizing effect seen in 2005, when former prime minister Rafik Hariri was killed in a truck bombing. ELIZABETH A. KENNEDY (AP)

"The fear is not if the Syrian conflict will spill over, but whether it has already reached the streets of Beirut."

— **FAWAZ A. GERGES,** OF THE LONDON SCHOOL OF ECONOMICS, ON LEBANON

Meanwhile ...

A Jordanian soldier was killed in clashes with armed militants trying to cross into Syria on Monday. Officials said the soldier was the first member of the country's military to be killed in violence related to Syria's civil war. Elsewhere, the U.N. is planning for a peacekeeping force in Syria should a cease-fire take hold and pending a Security Council mandate, U.N. officials said. (AP)

Tensions Rise as Activists Float Leaflets to N. Korea

Seoul, S. Korea

South Korean activists floated balloons carrying tens of thousands of anti-Pyongyang leaflets into North Korea on Monday, eluding police who had disrupted an earlier launch attempt due to threats from North Korea.

North Korea's military warned last week that it would strike if the South Korean activists carried through with their plan to fly balloons carrying the propaganda leaflets across the border. South Korea pledged to retaliate if it was attacked.

120K

The number of leaflets critical of North Korea's Kim Jong Un that South Koreans tied to balloons and floated over the border with the North, activists said Monday. (AP)

South Korean police had sent hundreds of officers Monday to seal off roads and prevent the activists and other people from gathering at an announced launch site near the border. Residents in the area were also asked to evacuate to underground facilities, officials said.

South Korean activists have in the past sent leaflets across the border, and North Korea has issued threats to attack without following through. But Seoul's Yonhap news agency reported Monday that the ban on entering the border area was imposed as South Korea detected that North Korea had removed artillery muzzle covers and deployed troops in possible preparation for an attack.

Defense Ministry spokesman Kim Min-seok told reporters Monday that North Korea was believed to have acted in line with carrying out its threat. (AP)

82K **The number of voters** in an online election that ended Monday night as Russia's anti-Putin protesters formally chose leaders. The effort was intended to help the opposition present a more united front against President Vladimir Putin and the Kremlin. Alexei Navalny, a rock star among the protest leaders, won the most votes. (AP)

Hea

"I don't even remember what a headache feels like."

— **FIDEL CASTRO,** IN AN ARTICLE PUBLISHED IN CUBAN STATE MEDIA MONDAY, CRITICIZING THOSE WHO SPREAD RUMORS HE WAS ON HIS DEATHBED. IT IS THE LATEST EVIDENCE THE FORMER PRESIDENT IS ALIVE AND APPARENTLY WELL AFTER A WEEK OF SPECULATION.

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http://www.co.pg.md.us/government/agencyindex/elections/index.asp
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World

Italy: 7 Negligent In Quake Warning

Officials sentenced to 6 years in prison over deadly temblor

L'Aquila, Italy

Defying assertions that earthquakes cannot be predicted, an Italian court convicted seven scientists and experts of manslaughter Monday for failing to adequately warn residents before a temblor struck central Italy in 2009 and killed more than 300 people.

The court in L'Aquila also sentenced the defendants to six years in prison. All are members of the national Great Risks Commission.

Scientists had decried the trial as ridiculous, contending that science has no reliable way of predicting earthquakes. So news of the verdict shook the community of earthquake experts worldwide.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling." That fellow seismic experts in Italy were singled out in the case "hits you in the gut," Hough added.

In Italy, convictions aren't definitive until after at least one level of appeals, so it is unlikely any of the defendants would face jail immediately.

Relatives of some who perished in the 2009 quake said justice has been done. Ilaria Carosi, sister of one of the victims, told Italian state TV that officials must be held responsible "for taking their job lightly."

Many much smaller tremors had rattled the area in the months before the quake, causing people to wonder if they should evacuate.

Among those convicted were some of Italy's most prominent seismologists and geological experts, including Enzo Boschi, former head of the national Institute of Geophysics and Volcanology.

"I am dejected, desperate," Boschi said after the verdict. "I thought I would have been acquitted. I still don't understand what I was convicted of." (AP)

AFP/GETTY IMAGES

Backstory

A 6.3-magnitude earthquake on April 6, 2009, killed 308 people in and around the medieval Italian town of L'Aquila and forced survivors to live in tent camps, above, for months. The seven defendants were accused of giving "inexact, incomplete and contradictory information" about whether small tremors felt by L'Aquila residents in the weeks and months before the quake should have constituted grounds for a quake warning. (AP)

Hidden Treasure

Germany has failed to properly oversee its gold reserves, which have been stored in the U.S., Britain and France since the Cold War in case of a Soviet invasion, auditors say. Germany relies upon reports from the storage sites on the state of its gold, and its central bank must now regain the right to inspect its gold bars, which are worth about $190 billion, the report obtained Monday by The Associated Press said. (AP)

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"Never be cold again" is the EdenPURE® promise. EdenPURE® provides you insurance against the cold all year long. Stay comfortable on those unseasonably chilly evenings no matter the season. I live in California but believe me it gets cold at night. Keep your expensive furnace turned down until it's absolutely necessary. And if we are fortunate enough to experience a mild winter as many of us did in the Midwest last year, you keep your furnace off all season and save even bigger.

New, More Efficient Models

The engineers at EdenPURE® listened to their millions of customers and somehow managed to improve the #1 portable heater in North America. Through old fashioned American ingenuity the new EdenPURE® line is more efficient to save you even more money.

The EdenPURE® Personal Heater now heats a larger area, an increase from 350 square feet to 500 square feet. That's a 30% increase in efficiency! And EdenPURE® is proud to introduce the 2013 Model 750. The new Model 750 is perfect for larger areas and heats up to 750 square feet. But the best thing about the Model 750 is the price. We priced the Model 750 at only $50 above the Personal Heater. This means you receive a 33% increase in performance for only $50. That's American engineering at its best!

The EdenPURE® can cut your heating bills and pay for itself in a matter of weeks, and then start putting a great deal of extra money in your pocket after that.

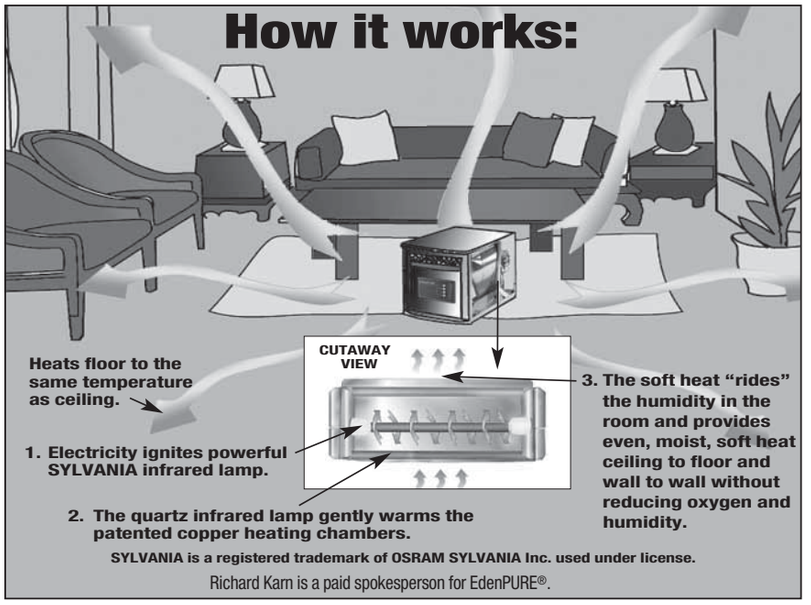
Super Safe Infrared Heat

Now remember, a major cause of residential fires in the United States is carelessness and faulty portable heaters. The choice of fire and safety professional, Captain Mike Hornby, the EdenPURE® has no exposed heating elements that can cause a fire. And a redundant home protection system that simply shuts the EdenPURE® down if it senses danger. That's why grandparents and parents love the EdenPURE®.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. And your pet may be just like my dog who has reserved a favorite spot near the EdenPURE®. You see the EdenPURE® uses infrared heat. And just as pets enjoy basking in a beam of sunlight they try to stay close to EdenPURE®'s "bone-warming" infrared heat.

The Health Secret is in the Copper

How it works:



SYLVANIA is a registered trademark of OSRAM SYLVANIA Inc. used under license.

Richard Karn is a paid spokesperson for EdenPURE®.

EdenFLOW™ technology uses copper heating chambers to take the energy provided by our special SYLVANIA infrared bulbs and distribute our famous soft heat evenly throughout the room.

Now our copper isn't ordinary. It's 99.9% pure antimicrobial copper from an over 150 year old American owned company in Pennsylvania. So your EdenPURE® heater is continuously pushing soft, healthy, infrared heat throughout your room.

How to Order

During our 2013 introduction you are eligible for a $202 DISCOUNT PLUS FREE SHIPPING AND HANDLING FOR A TOTAL SAVINGS OF $229 ON THE EDENPURE® MODEL 750 AND A $175 DISCOUNT PLUS FREE SHIPPING AND HANDLING FOR A TOTAL SAVINGS OF $192 ON THE EDENPURE® PERSONAL HEATER.

This special offer expires in 10 days. If you order after that we reserve the right to accept or reject order requests at the discounted price. See my attached savings Coupon to take advantage of this opportunity.

The made in North Canton, Ohio EdenPURE® carries a 60-day, unconditional no-risk guarantee. If you are not totally satisfied, return it at our expense and your purchase price will be refunded. No questions asked. There is also a 3 year warranty on all parts and labor.

RICHARD KARN'S SAVINGS COUPON

The price of the EdenPURE® Model 750 Heater is $449 plus $27 shipping and the price of the Personal Heater is $372 plus $17 shipping, but, with this savings coupon you will receive a $202 discount on the Model 750 and a $175 discount on the Personal Heater with free shipping and be able to get the Model 750 delivered for only $247 and the Personal Heater delivered for only $197.

The Personal Heater has an optional remote control for only $12. The Model 750 remote is included in the price.

Check below the number you want (limit 3 per customer)

☐ Model 750 with remote, number ____ ☐ Personal Heater, number ____

☐ Optional Personal Heater Remote $12, number ____

- To order by phone, call TOLL FREE **1-800-315-1257 Offer Code EHS6515**. Place your order by using your credit card. Operators are on duty Monday - Friday 6am - 3am, Saturday 7am - 12 Midnight and Sunday 7am - 11pm, EST.
- To order online, visit **www.edenpure.com** enter **Offer Code EHS6515**
- To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied return at our expense, and your purchase price will be refunded – no questions asked. There is also a three year warranty.

NAME

ADDRESS

CITY STATE ZIP CODE

Check below to get discount:

☐ I am ordering within 10 days, therefore I get a $202 discount plus Free shipping and my price is only $247 for the Model 750 Heater.

☐ I am ordering within 10 days, therefore I get a $175 discount plus Free shipping and my price is only $197 for the Personal Heater.

☐ I am ordering past 10 days, therefore I pay full price for the Model 750 or Personal Heater plus shipping and handling.

Enclosed is $_____ in: ☐ Check ☐ Money Order

(Make check payable to EdenPURE®) or charge my:

☐ VISA ☐ MasterCard ☐ Am. Exp./Optima ☐ Discover/Novus

Account No. _____ Exp. Date ____/____

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All of the testimonials are by actual EdenPURE® customers who volunteered their stories, and were given another EdenPURE® heater as thanks for their participation. Average homeowners save 10% to 25%.

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GETTY IMAGES

The Big 106

Forget swing states. Both presidential campaigns are zeroing in on swing counties — and several are in Virginia.

Leesburg, Va.

How Virginia goes in the presidential election may come down to voters who live amid the small wineries, affluent subdivisions and Civil War battlegrounds of Loudoun County.

Voters in the tony Hamilton County suburbs around the humming riverside economic engine of Cincinnati may tip the balance in Ohio.

To win Florida, President Barack Obama or Mitt Romney probably will have to carry Hillsborough County, where the urban seaport of Tampa bleeds into communities of Spanish-speaking voters and retired Midwesterners.

Those areas are vastly different, yet each is full of fickle voters and bound by a proclivity to swing between Republican and Democrat every four years. All are main targets as the president and his Republican challenger look for enough victories in enough states to reach the 270 electoral votes needed to capture the White House.

The race may come down to an even narrower slice of the electorate than the nine most contested states: Colorado, Florida, Iowa, Nevada, New Hampshire, North Carolina, Ohio, Virginia and Wisconsin. The outcome probably will depend on what happens in the 106 counties that Republican George W. Bush won in 2004 and that voted for Democrat Obama in 2008, according to an Associated Press analysis.

These counties are home to people such as Matt Blunt, a 42-year-old from Sterling, Va., in Loudoun County.

$127M

The amount spent on presidential campaign ads in the Cincinnati, Tampa and Northern Virginia TV markets, almost one-fifth the nationwide total this year. The candidates are also narrowing their focus there. In Northern Virginia, President Obama is reaching out to newcomers and younger vets, and Mitt Romney is vying for retired military members, sportsmen and social conservatives. (AP)

Blunt voted for Obama in 2008, hoping he could change Washington's bitter tone, but now backs Romney.

"What I see in Romney is the stronger potential for leadership than we've seen in the past four years," Blunt said, adding that Obama "hasn't lived up to the promise."

In these counties more than anywhere else, voters' phones ring every night with surveys. Televisions crackle day and night with campaign ads.

"There's more — and more concentrated — contact with voters in these counties that swung back and forth in these states than anybody," said Charlie Black, a veteran Republican strategist and informal Romney adviser.

There is no single reason to explain why these counties seem to shift with the political wind. Their voters have little in common other than their voting patterns. If there's one area where these counties are linked, it may be that many have a wide segment of working-class white voters, an important group for Romney and one that Obama has struggled with.

But some swing-voting counties don't look like they may be swinging back any time soon.

The best example is Osceola County, a bedroom community to Orlando, Fla., that has experienced an influx in the past decade of Puerto Ricans.

The shift of these typically Democratic-leaning voters, as well as other Spanish-speaking voters, is part of longer-term trend going in the Democrats' favor and spreading into other neighboring states.

While it bodes well for Democrats in the future, there are no guarantees for Obama this year. MIKE SCHNEIDER AND THOMAS BEAUMONT (AP)

Balancing Act

In Virginia, reliably Republican for 10 presidential races in a row until 2008, public and private polls show President Barack Obama narrowly ahead. Internal GOP polls have shown Mitt Romney leading in Loudoun and Prince William counties. Obama won in 2008 by going after the younger, well-educated, diverse voters in Washington's suburbs and the state's African-American electorate. Romney can win Virginia by taking Loudoun County, holding down Obama's likely edge in other Washington suburbs, and running up big numbers in rural southern Virginia and the Tidewater area. (AP)

Debate Coverage

Coverage of the final presidential debate was unavailable at Express' deadline. For post-debate analysis, visit washingtonpost.com.

Both campaigns have frequented Loudoun County, which is among the 106 U.S. counties likely to be crucial to the election. Mitt Romney visited Sterling in June and Michelle Obama made a stop in Leesburg in August.

Virginia Swing Counties*

The Virginia counties — and cities — among those listed:

COUNTIES
Buckingham
Caroline
Essex
Henrico
King and Queen
Loudoun
Montgomery
Prince William
Westmoreland

CITIES
Chesapeake
Harrisonburg
Hopewell
Manassas
Manassas Park
Radford
Staunton
Suffolk
Winchester

*In Virginia, cities are independent of counties but are considered a county equivalent.

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Buses to Ride Shoulder?

Officials consider idea to ease congestion, lure people from cars

Washington

One of the easiest ways to beat the Washington region's traffic congestion might soon be to ride the bus.

Buses typically get stuck in the backups along with everyone else, but officials are considering allowing bus drivers to use the shoulders to breeze past the traffic tie-ups on some highways and major roads.

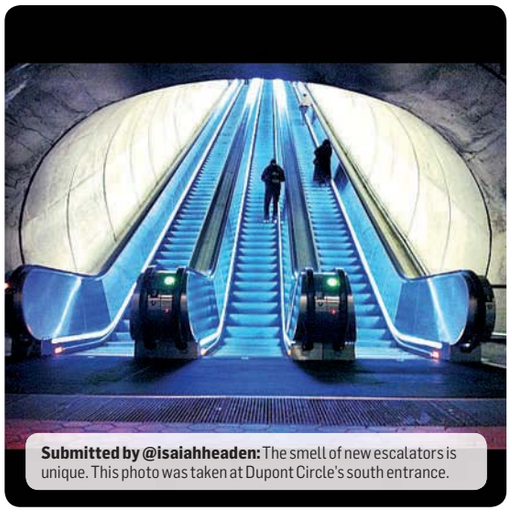
The group of Washington area public officials and transportation agencies is considering which roads and highways have the shoulder room to accommodate buses. Supporters say opening up the shoulders to buses would lure people out of their cars by providing a faster and more reliable bus ride. That would be a relatively easy and more affordable way to relieve congestion than widening roads, they say.

"It's hard to think of any [traffic-relief measure] more within reach without requiring enormous expenditures," said Arlington County Board member Chris Zimmerman, a Democrat, who is co-chairing the task force organized by the Metropolitan Washington Council of Governments.

The council of governments group will determine which roads might be suitable. The panel will focus on the Capital Beltway, Interstate 395, I-66, I-270, I-95 and Route 50, and is scheduled to release its findings in May. KATHERINE SHAVER (THE WASHINGTON POST)

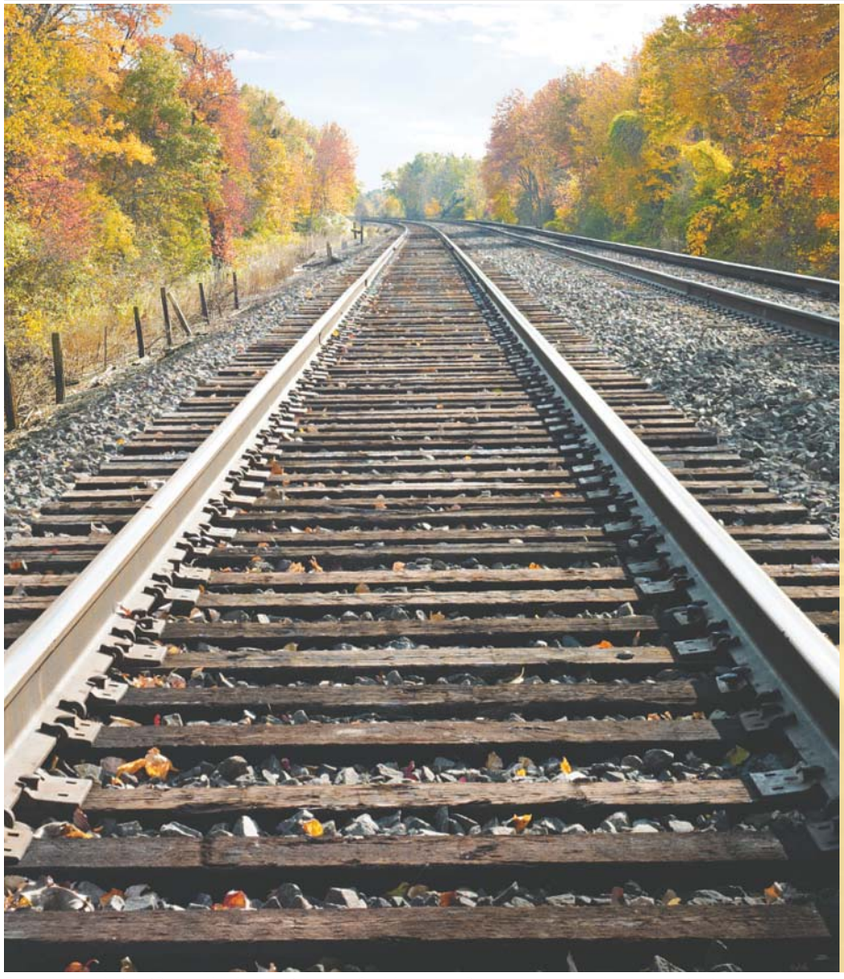
Not a First

In the Washington region, some buses use shoulders on a 1.3-mile section of the Dulles Toll Road near the West Falls Church Metro station and occasionally along U.S. 29 near Burtonsville. (TWP)



Submitted by @isaiahheaden: The smell of new escalators is unique. This photo was taken at Dupont Circle's south entrance.

Tag **@ExpressDCrider** in your Instagram posts of the transit system, and if we ♥ your shot, email it to us for publication at **dcrider@wpost.com.**



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Making Sense of Md.'s Question 7

Ads confuse matters ahead of Nov. 6 vote to expand gambling

Annapolis, Md.

In the ad war over casino gambling in Maryland, "facts" are being thrust upon voters at a dizzying pace.

Passage of Question 7, which would allow for a Las Vegas-style casino in Prince George's County and table games at Maryland's five previously authorized slots venues, would mean "hundreds of millions of dollars for our schools," Gov. Martin O'Malley, a Democrat, says in one television spot. Other ads promise thousands of jobs.

The story is much different from opponents. Their ads tell viewers that the claims of politicians can't be trusted and that "no new money is required for education" under the Nov. 6 ballot measure, which would "cut taxes for billionaire special interests."

Confused? You're not alone.

KATHERINE FREY/TWP

A worker walks the 330,000-square-foot gaming floor at Maryland Live! in Hanover.

How Much Money May Go To Education?

If Question 7 passes, legislative staff estimate the expansion plan would generate an additional $60 million for education during the next fiscal year. That amount would gradually increase to $199 million by fiscal year 2019.

That's the figure supporters cite in their ads. But not all of that money is tied to passage of Question 7. By requiring larger casinos to procure their own gaming machines, by 2019 the state is expected to save $36 million a year, money that will instead flow to education — even if the referendum fails.

Does passage guarantee state education funding will increase?

Technically, no. But the state does have a law mandating how much should be spent on K-12 education every year, and that amount has gone up consistently in recent years.

If Question 7 passes, the amount of gambling revenue earmarked for education is expected to continue to climb.

Would casinos get tax breaks if Question 7 passes?

Under current law, most casino owners get to keep 33 percent of slots revenue generated at their facilities. The remaining percentage is often referred to as the "tax rate."

If Question 7 passes and a new casino opens in Prince George's, casino owners would pay a lower "tax rate" — but state analysts predict the amount of slots play at the other large casinos would drop because of the new competition.

JOHN WAGNER (THE WASHINGTON POST)

In Brief

WASHINGTON

Medal Given to Man Shot At Lobbying Group's HQ

Johnson

D.C. Mayor Vincent Gray presented the mayor's medal of honor to a worker wounded in a shooting at the Family Research Council building in Washington. The medal was presented Monday to Leo Johnson, who restrained the shooter during the August incident. (AP)

ARLINGTON, VA.

New Interactive Maps At Arlington Cemetery

A massive electronic database detailing the burial sites of hundreds of thousands of people at Arlington National Cemetery is now accessible to the public. Cemetery officials built the database over the past two years to verify the accuracy of their records in the wake of reports of misidentified graves. (AP)

WASHINGTON

Early Voting Under Way

Monday was the first day voters in the District of Columbia could cast a ballot for the Nov. 6 election. Residents who want to vote early can go to One Judiciary Square at 441 4th St. NW. Voting begins at 8:30 a.m. and ends at 7 p.m. (AP)

The Lotteries

Monday, Oct. 23

Maryland

Mid-day Pick 3	0-9-8
Evening Pick 3 (Sun.)	1-8-8
Mid-day Pick 4	5-6-0-8
Evening Pick 4 (Sun.)	6-2-8-3
Match 5 (Sun.)	4-18-29-36-38 (9)

District

Mid-day Lucky Numbers	5-1-7
Evening Lucky Numbers (Sun.)	0-8-5
Mid-day DC 4	1-6-6-9
Evening DC 4 (Sun.)	2-8-8-9
Mid-day D.C. Five	3-7-4-1-4
Evening D.C. Five (Sun.)	2-7-5-7-5

Virginia

Mid-day Pick 3	4-4-4
Evening Pick 3 (Sun.)	0-7-4
Mid-day Pick 4	9-6-0-9
Evening Pick 4 (Sun.)	3-9-2-6
Mid-day Cash 5 (Sun.)	7-8-13-14-31
Evening Cash 5 (Sun.)	5-7-9-25-28

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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  - change in appearance of stool.

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Local

Deal Close on Tenleytown Safeway Development

Washington

The Bozzuto Group is close to locking up a deal with Safeway for its property in the Wisconsin Avenue corridor, a 34,000-square-foot store at 4203 Davenport St. NW in Tenleytown, where it envisions a 58,000-square-foot store, with 150 or so apartments on top and 10 to 15 townhomes.

The grocer built a successful store as part of the CityVista mixed-use project in Mount Vernon Triangle, and followed that with agreements in Wheaton and Petworth that are to create Safeway-anchored apartment projects in those neighborhoods.

Its start in Tenleytown has not been so smooth. As it had in Wheaton and Petworth, Safeway chose Clark Realty Capital as a development partner for its Tenleytown store.

But after all the slide shows, presentations and community workshops, Safeway and Clark parted ways recently.

JEFFREY MACMILLAN/FTWP

The developer envisions a new store plus apartments and townhomes.

Enter Bozzuto. Founded in 1988 by Thomas S. Bozzuto, chief executive and chairman, it has developed more than 19,000 housing units, and manages thousands more along the East Coast.

Baker and Toby S. Bozzuto, president of Bozzuto Development, cautioned that the companies had not yet finalized a deal.

JONATHAN O'CONNELL (CAPITAL BUSINESS)

Area Drivers Paying Less at Pump

Washington

Motorists in the Washington, D.C., metro area are paying seven cents less at the pump when compared to a week ago.

AAA Mid-Atlantic said Sunday in a weekly report that the average price of a gallon of regular gas in the D.C. metro area is $3.66 this week. Last week it was $3.73.

Still, motorists in the region are paying more than they did a year ago. At this time last year, drivers were paying $3.44 per gallon, according to AAA.

7¢

The amount that the average price of a gallon of regular gas dropped in the area over the past week.

The price of gas in the region is two cents less than the national average.

AAA says the lower price is part of a seasonal price decline. (AP)

Hearsay

"Fairfax County is now the downtown. D.C. just became our suburb."

—GERALD L. GORDON, PRESIDENT OF THE FAIRFAX COUNTY ECONOMIC DEVELOPMENT AUTHORITY, SPEAKING LAST WEEK TO BUSINESS LEADERS GATHERED TO DISCUSS "THE NEW CITY CENTERS" ENVISIONED AROUND THE SILVER LINE METRO STATIONS CURRENTLY BEING BUILT.

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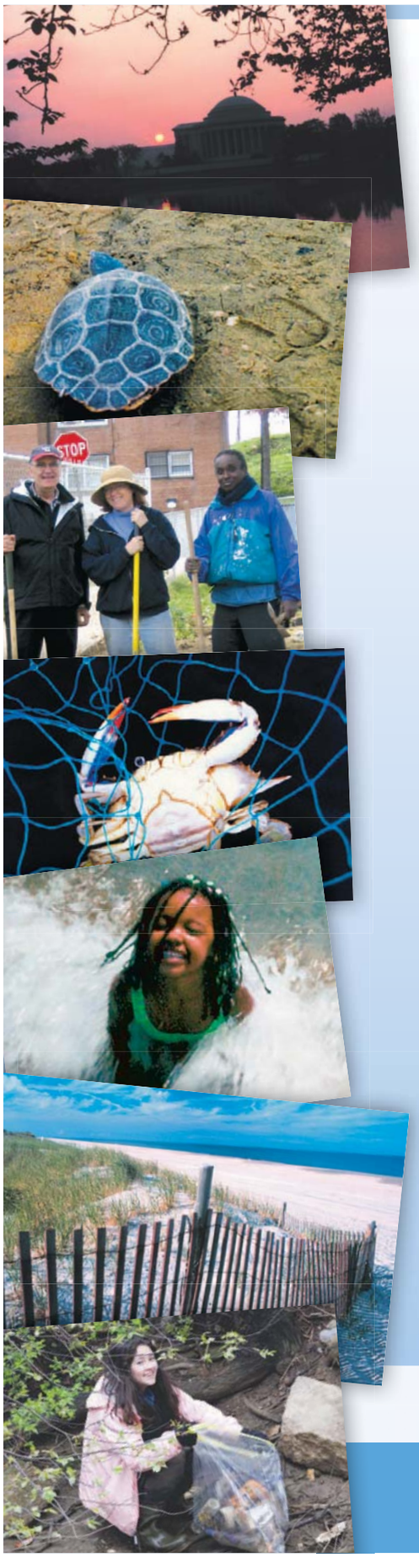

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CFC #82620

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CFC Number	Organization Name
82620	EarthShare Mid-Atlantic Chapter
68802	1000 Friends of Maryland
43499	Accokeek Foundation
54876	Alliance for the Chesapeake Bay
53731	American Chestnut Land Trust
88425	Anacostia Watershed Society
83504	Arlingtons for a Clean Environment
84742	Assateague Coastal Trust
75493	Audubon Naturalist Society of the Central Atlantic States
35276	Bay Land Trust
	Bethesda Green
98180	C&O Canal Trust
57607	Chesapeake Audubon Society
54711	Chesapeake Wildlife Heritage
	Chester River Association
	DC Greenworks
83862	Echo Hill Outdoor School
99308	FRESHFARM Markets
49830	Future Harvest – CASA
	Greater Washington Interfaith Power & Light
97766	Howard County Conservancy
77173	Institute for Conservation Leadership
53982	Irvine Nature Center
34207	Land Trust of Virginia
48019	Lower Shore Land Trust
32670	Maryland Ornithological Society
	National Aquarium
91587	Oyster Recovery Partnership
44786	Potomac Conservancy
87828	Potomac Riverkeeper
30516	Scenic Rivers Land Trust
98807	Trout Unlimited, Mid-Atlantic Council
65606	Valleys Planning Council

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10543
Adopt America Network

11155
American Council of the Blind

14116
Bully Prevention by Rachel's Challenge

11089
Child Aid

11976
Children Affected by AIDS Foundation

11156
Children's Cancer Assistance Fund

10547
Disabled and Alone/ Life Services for the Handicapped

11157
Guide Dog Foundation for the Blind, Inc.

12310
HealthStore Foundation, The

88983
Let's Cure CP

11971
Lions Clubs International Foundation

11610
MAZON: A Jewish Response to Hunger

11935
Readiness to Mission: Readiness, Military Leaders for Kids

10541
National Center for Fathering

10542
National Right to Life

11611
Oklahoma City National Memorial & Museum

11088
Public Radio International

89030
ShelterBox USA

10545
Suicide Prevention Foundation of America

11973
Volunteers of America, Inc.

11364
White Bison

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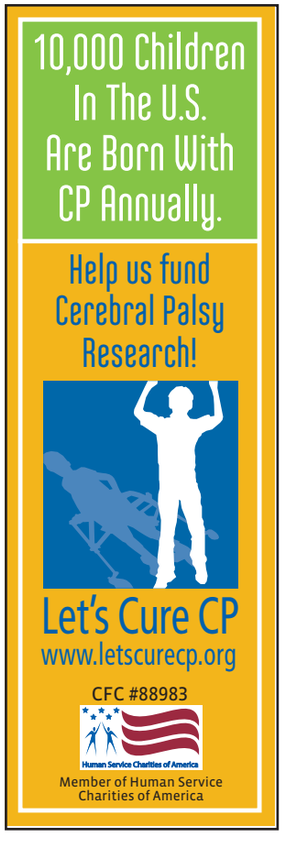

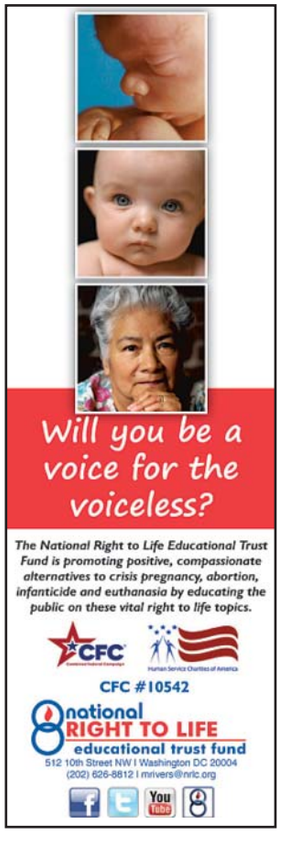

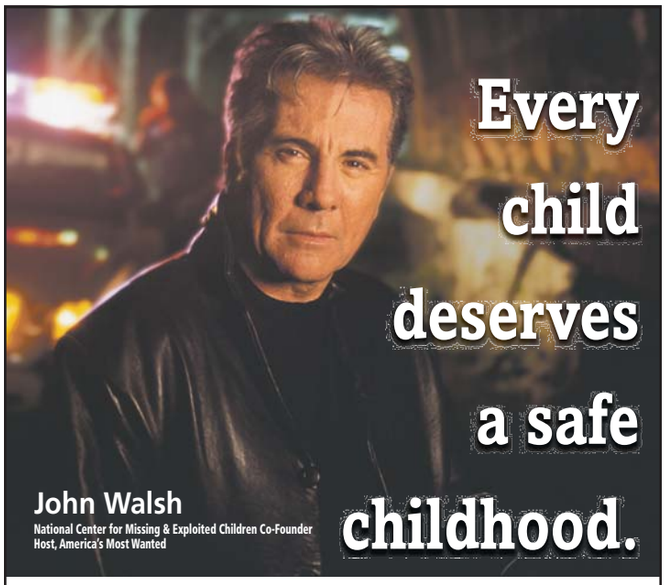

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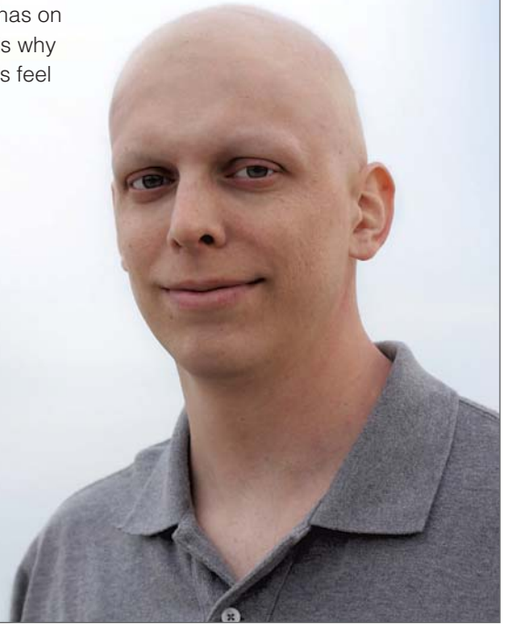

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Captain Chaos Is Back

Redskins resign Cooley to replace the injured Davis

The Redskins

As soon as the Redskins arrived home from a 27-23 loss at the New York Giants, coach Mike Shanahan phoned out-of-work tight end Chris Cooley to see whether he was fit enough to replace Robert Griffin III's top target, an injured Fred Davis.

The man known as Captain Chaos assured Shanahan he was. "I wasn't at home doing squats and power cleans and listening to 'Rocky' music, but at the same time, I'm in good shape," Cooley said Monday.

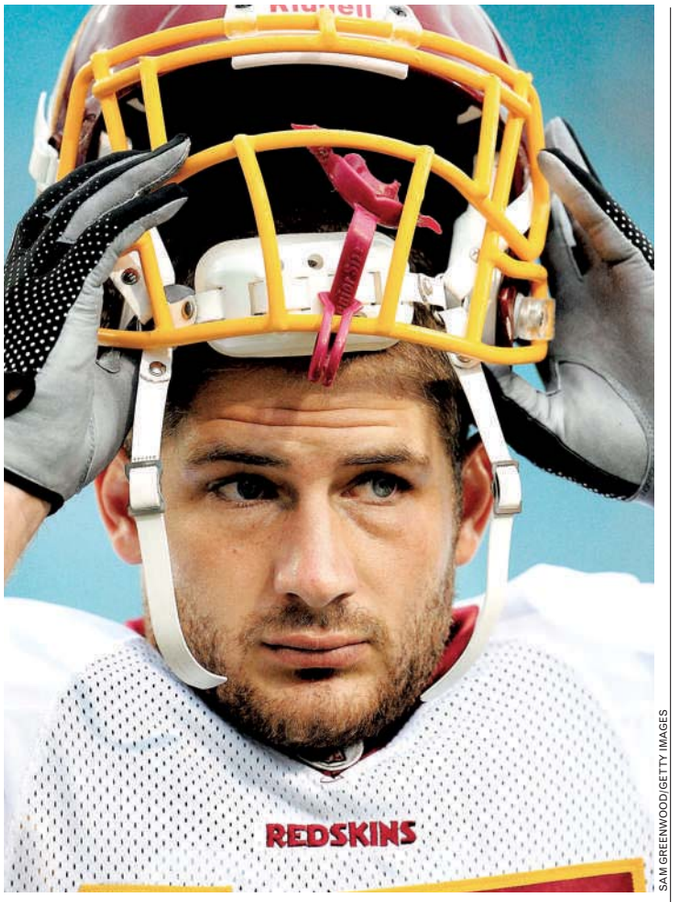
That was good enough for Shanahan. Cooley passed a physical exam and signed a contract to rejoin the Redskins, who put Davis on injured reserve with a ruptured left Achilles tendon a day after he was hurt in the first quarter Sunday.

The 30-year-old Cooley was released in August; injuries limited him to eight receptions and five games last season. He is a two-time Pro Bowl pick with 428 career catches, a franchise record for a tight end, over eight years in the NFL, all with the Redskins.

"I trust Chris. If he says he's in good shape, he's in good shape," Shanahan said. "So hopefully he can help us this next week."

Already having played four of seven games without the player who was supposed to be his leading wideout, Pierre Garçon (right foot injury), Griffin now must go the rest of the season without Davis, who leads the Redskins with 24 catches and 325 yards receiving.

Davis will have surgery Tuesday and is expected to need five to six months to recover, Shanahan said.



SAM GREENWOOD/GETTY IMAGES

Tight end Chris Cooley said he is good to go on Sunday despite not playing this season.

Moving Camp

The Redskins are moving their training camp from Ashburn, Va., to 17 acres in Richmond under a deal announced Monday. The camp, scheduled to open in 2013, will be located on state property behind the Science Museum of Virginia and in area that includes a minor league baseball stadium, small businesses and warehouses. Bon Secours, a not-for-profit health system affiliated with the Roman Catholic Church, will build a $6.4 million facility that would be used by the team during the three-week camp. (AP)

Before adding Cooley, the Redskins were left with Niles Paul, a converted wide receiver, and Logan Paulsen at tight end. That pair has a combined nine catches for 141 yards and zero touchdowns this season.

"He knows this offense better than anybody," Paul said of Cooley. "To have him back is going to have a big impact."

Cooley has no doubt he'll be able to play next weekend, and spending time in training camp and the preseason before getting cut made him confident he's healthy.

"It's fortunate for both of us, I think. Fortunate for me that I get a chance to play where I want to play," he said. "And fortunate for them that I sat here and waited. So it worked out." HOWARD FENDRICH (AP)

Hearsay: The RGIII Lovefest Continues

"I think RGIII's the best player in the league. I don't mean best rookie. I think he's the MVP."

— **MICHAEL WILBON,** SAID ABOUT REDSKINS QUARTERBACK ROBERT GRIFFIN III, LEFT, MONDAY ON TONY KORNHEISER'S ESPN 980 PROGRAM

"He's one of the great, special players to come into the league in the 29 seasons I've covered it. ... Once he gets the kind of protection [Mike] Shanahan and [Bruce] Allen will build for him, he'll be better, and the Redskins will be competing for championships. That's right — plural."

— **SPORTS ILLUSTRATED'S PETER KING,** IN HIS MONDAY MORNING QUARTERBACK COLUMN

Swengali

RGIII Talk Is Too Much, Too Soon

The Redskins lost on Sunday. Let's make that perfectly clear.

While Michael Wilbon is proclaiming Robert Griffin III the best player in the NFL and Peter King is predicting multiple Super Bowl victories, returning to reality for just one moment seems useful.

By Matt Swenson

Washington is 3-4 this season. All seven games have been exciting — which is certainly an improvement from years past — but that is still a below .500 record. Color me unimpressed, even though there is undeniably a culture change taking place at Redskins Park.

RGIII is the real deal, and of course the Redskins were brilliant to overspend to acquire the unique talent.

All RGIII is giving Washington is simply a legitimate chance to win every game.

And given how Griffin has performed without his top receiver, Pierre Garcon, for most of the year, I get why everyone is going nuts for the quarterback. However, the record should speak for itself.

In time, Griffin is likely to transform the Redskins from losers to winners — assuming he stays healthy and the Redskins put together a good secondary. For now, though, all RGIII is giving Washington is simply a legitimate chance to win every game.

It's not his fault Eli Manning threw that 80-yard bomb to Victor Cruz to snatch a victory away from the Redskins. But the pass underscored that Manning is still at the head of the class.

Griffin's time will come. Just give the hyperbole a rest until the Redskins at least make the playoffs.

@ Follow Matt Swenson on Twitter. His handle is @Swengali.

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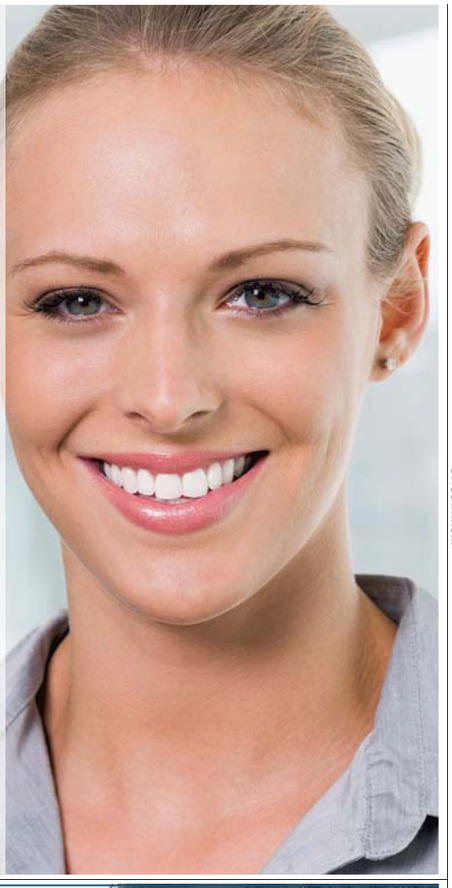

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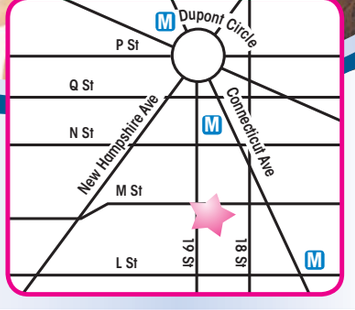

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Sports

NICK WASS/AP

Maryland quarterback Perry Hills is sacked in Saturday's game against N.C. State.

Maryland QB Hills Out For Year With Torn ACL

Terps Football

Maryland quarterback Perry Hills has suffered a torn ACL and will miss the remainder of the 2012 season, the Terps announced in a statement on Monday.

Hills, who underwent an MRI earlier in the day, hurt his left knee during Saturday's 20-18 loss to N.C. State at Byrd Stadium.

After throwing an interception in the second quarter, the true freshman was blocked from behind by linebacker Rickey Dowdy and his leg was driven into the turf and bent backward. He exited the game on a cart, wincing in pain and, despite pleas to the training staff, did not return.

Hills is the second Maryland quarterback this season to be sidelined by a torn ACL. C.J. Brown was lost in August and replaced by Hills, a true freshman.

"I am very disappointed for Perry," Maryland coach Randy Edsall said. "I was proud of the way he stepped in this season and led our team."

The only two quarterbacks left on Maryland's roster are Devin Burns and Caleb Rowe, who together nearly engineered a second-half comeback against the Wolfpack.

The two could share time again next Saturday against Boston College. Burns is a fleet-footed quarterback adept at the read option, whereas Rowe is the better pocket passer. (THE WASHINGTON POST/AP)

TV Lineup

WOMEN'S SOCCER (7:30 P.M., NBCSN) The U.S. national team takes on Germany in an exhibition in West Hartford, Conn.

MEN'S SOCCER (2:30 P.M., FSN) Barcelona hosts Celtic in a Champions League match.

GOLF (4 P.M., TNT) The first day of the Grand Slam of Golf tees off in Southampton, Bermuda.

COLLEGE FOOTBALL (8 P.M., ESPN2) Arkansas State visits Louisiana-Lafayette.

CHANGES

Quinn Is In

Brady Quinn will take over as the Kansas City Chiefs' starting quarterback and Matt Cassel will serve as the backup beginning with Sunday's game against the Oakland Raiders, Chiefs coach Romeo Crennel said on Monday. (AP)

Sports

Lance Can Wave Titles Goodbye

7 Tour de France championships are erased from records

Cycling

Forget the seven Tour de France victories. Forget the yellow jersey celebrations on the Champs Elysees. Forget the name that dominated the sport of cycling for so many years.

As far as cycling's governing body is concerned, Lance Armstrong is out of the record books.

Once considered the greatest rider in Tour history, the American was cast out Monday by his sport, formally stripped of his seven titles and banned for life for his involvement in what U.S. sports authorities describe as a massive doping program that tainted all of his greatest triumphs.

"Lance Armstrong has no place in cycling and he deserves to be forgotten in cycling," said Pat McQuaid, president of the International Cycling Union. "This is a landmark day for cycling."

McQuaid announced that his group, known as UCI, accepted the sanctions against Armstrong that were imposed by the U.S. Anti-Doping Agency and would not appeal them to the Court of Arbitration for Sport. McQuaid said he was "sickened" by some of the evidence detailed by USADA in its 200-page report and hundreds of pages of supporting testimony and documents.

The condemnation by cycling's most senior official confirmed Armstrong's pariah status, after the UCI had backed Armstrong at times in trying to seize of the doping investigation from USADA. McQuaid said the UCI endorsed a life ban for Armstrong after studying the American agency's evidence, and will meet Friday to discuss going after his 2000 Olympic bronze medal.

Tour director Christian Prudhomme said he no longer considers Armstrong to be a champion from 1999-2005 and wants him to pay back his prize money. "We wish that there is no winner for this period," he said in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners." (AP)

AP

Lance Armstrong was formally stripped of his seven Tour de France titles Monday.

"Sanctioning Lance Armstrong and the riders who came forward truthfully should not be seen as penance for an era of pervasive doping. There must be more action to combat the system that took over the sport."

— U.S. ANTI-DOPING AGENCY CEO **TRAVIS TYGART**, APPLAUDING THE UCI'S DECISION TO STRIP ARMSTRONG OF HIS TITLES AND CALLING FOR MORE TO BATTLE DOPING IN CYCLING.

In Brief

PRO FOOTBALL

Reeling Panthers Fire GM

Marty Hurney was fired Monday as general manager of the Carolina Panthers one day after star quarterback Cam Newton expressed his frustration with a 1-5 start. The Panthers have the worst record in the NFC in a season that began with big expectations. The dismissal came hours after Sunday's 19-14 loss to Dallas. Hurney, the GM since 2002, took responsibility for the team's failures. (AP)

Hurney

PRO FOOTBALL

Jones-Drew Ruled Out

Jacksonville Jaguars running back Maurice Jones-Drew will miss Sunday's game at Green Bay, and maybe an extended period, because of a foot injury. But quarterback Blaine Gabbert has a chance to play despite an injury to his non-throwing shoulder. Both injuries were sustained in the first half of Jacksonville's 26-23 loss at Oakland on Sunday. (AP)

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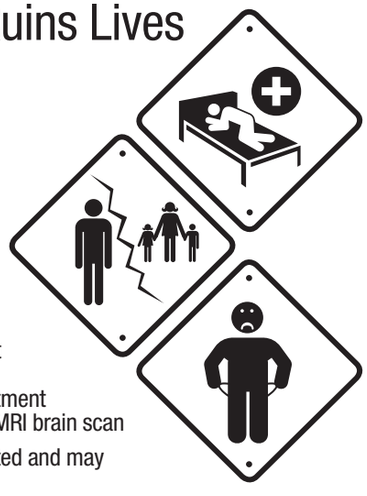

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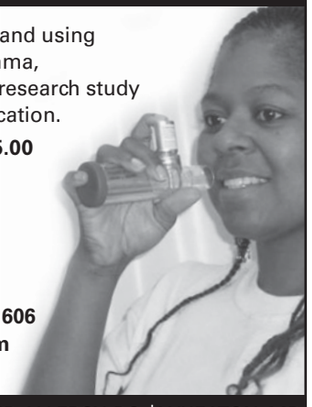

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A-listers prepping for the red carpet call on Harley Pasternak, the trainer behind the "5 Factor Diet." Now you can access his avatar with "Harley Pasternak's Hollywood Workout" ($30, Wii or Kinect). The game comes loaded with 25-minute routines that are essentially fitness DVDs, except the screen knows whether you're doing the jumping jacks. It's not going to turn you into an action star, but it could make you less of a couch potato.

GOLD'S GYM

See your weekly Gold's Gym Trainer Tip on the next page.

Scare Up a Workout

It was a dark and sweaty night. Or, well, it will be for these three events designed to get folks dancing, biking and running — and into the Halloween spirit. Being able to burn calories without thinking about it is a neat trick, especially if you plan on indulging in a few treats. VICKY HALLETT (EXPRESS)

Hot Yala Nights: Believe

ILLUSTRATIONS BY BEN CLAASSEN III

Make your Saturday night sizzle with the latest installment of Hot Yala Nights. "It's like going to a club, but getting that same feeling in a healthy way," says Lauren Amzallag, the creator of Yala, a high-energy dance workout he'll be combining with a smoke machine, lasers and acrobatic performers from 5 to 7 p.m. at 700 Water St. SW. Slurp down some Yala-tinis (fruity, non-alcoholic cocktails) and munch on Popchips to boost your energy — you'll need it to keep up with all of Amzallag's signature booty shaking. The evening will feature the music of Michael Jackson, and there will be nods to the King of Pop's moves, too. But, Amzallag notes, "There will not be any crotch holding because it's a family-friendly show." Although there's no dress code, Amzallag encourages wearing "Thriller"-inspired jackets and white socks with black shoes. He'll be sporting a single white glove. Tickets are $15 online at Yalafitness.com and $20 at the door. Or buy the LivingSocial deal: It's $12 for entry and a swag bag of skin care products.

Night of the Bicycling Undead

You've seen humans versus zombies a million times before. So BicycleSPACE is switching gears by offering up some zombie-on-zombie action at its next themed ride. Cyclists who show up at the shop (1019 7th St. NW) at 7:30 p.m. Oct. 30 will be separated into opposing factions — marked by two different colors of glow sticks. From there, they'll set off on an easygoing 10-mile ride. "We'll take each group on a separate route, but they'll arrive at the same finish point," says manager Jordan Mittelman, who promises to have snacks and hot cider ready to revive anyone who's starting to really feel undead. Then the teams will face off in a game of capture the brains. (That's capture the flag, only with "a bucket of brains.") Make sure to wear your best rags and convincing rotting flesh makeup for a chance to win the costume contest. Kids are welcome to ride along, or get a lift in a bike trailer. It's a suggested $8 donation when you register for the event at Nightofthebicyclingdead.eventbrite.com.

Glow-in-the-Dark 5K Dance Party

The sports fans over at LivingSocial were ready to help Washingtonians get away from Nationals Park after playoff games. Now, they want to help us get around RFK. Get your fitness freak on by lining up for a fun run that takes off from the stadium (2001 E. Capitol St. SE) at 7 p.m. Nov. 9. Because this isn't a race, participants will get "glow goodies" instead of bibs, and there won't be a clock at the finish line. The plan isn't necessarily to have a fast time, but a good time, especially at the D.C. Armory after-party — featuring several DJs and a complimentary beer or soda for runners. (You have to be at least 18 to participate, and you don't get a beer unless you're 21.) Speed won't win you any prizes, but impressive outfits and dance skills will, says Bram Levy, the global director of LivingSocial Adventures. Levy, who dreamed up this event, said it might lead to other fitness-focused social affairs. Another bright idea: donating a portion of the proceeds to send 1,000 solar lanterns to kids in Somalia. Buy the deal ($45 now, $50 starting Saturday) from Livingsocial.com.

Meet The Trainer
Bridget Wagner

Certified Personal Trainer
Rockville Town Square Gold's Gym

Bridget spent the last 11 years on active duty in the U.S. Army and recently transitioned to the Reserves. Always an active person, she's been fascinated with fitness and health since childhood. As a Personal Trainer, she enjoys helping people improve their quality of life by sharing her passion for fitness.

Certifications:
Degree in Personal Training and Nutrition Counseling from the National Personal Training Institute; National Council for Certified Personal Trainers; National Strength and Conditioning Association

To schedule an appointment with Bridget or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM®

Trainer Tip of the Week

Strength not only comes from the weights you curl or press, it also comes from within. Remember that not every calorie is created equal so be smart about your food choices. The fats from nuts, seeds and oils actually have a healthy benefit as opposed to the fats and empty calories found in the "white stuff." Find the strength within to limit the intake of white bread, sugar and white starches and replace those with healthy choices and a workout, and you'll be strong all around as we go into the holiday season.

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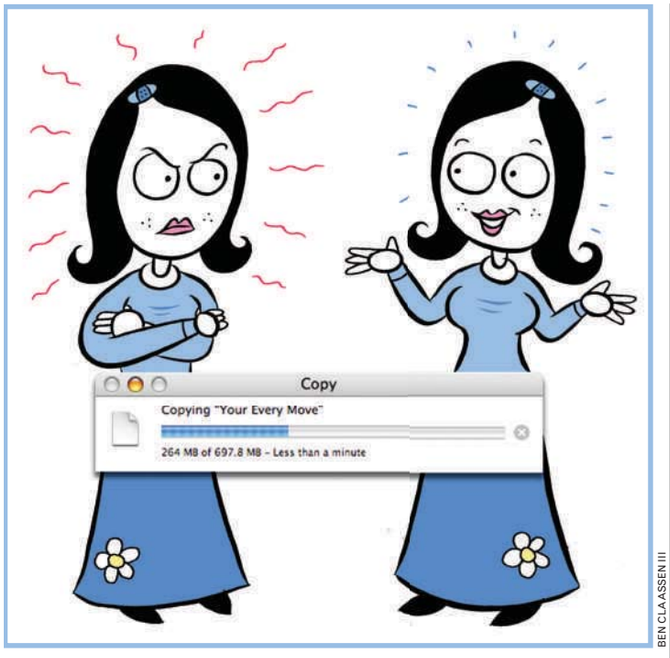


BEN CLAASSEN III

I Want a Friend, Not a Twin

Q A longtime friend of mine seems to be copying everything I do. At first I was flattered when she bought some clothes similar to mine, some of the same furniture, started using my hairstylist, etc. She's getting into the same TV shows I watch, and even talking about her and her husband getting pregnant because of how cute my toddler is (seriously). It's getting creepy. CLONED

They say imitation is the sincerest form of flattery, but that flattery gets a little less fun when someone is digging through your bathroom drawers to see where you bought your eyeliner. Does she acknowledge what's going on? Is she open about her mimicry, or do you discover things by accident? Does she have a sense of humor?

Ideally, you can feel her out with a joke and see how she reacts ("I'm placing a bet for how long until I see these same shoes on your feet!") An insightful friend will let the jokes sink in and then either ask you if you're bothered by it or gradually change her behavior. But if it's seriously making you uncomfortable and there's no sign of change, you need to get some distance and step back from the friendship.

Being Carefree Has a Downside

Q My wife doesn't take very good physical care of herself, and it's starting to show. I'm not talking about dressing in sweatpants or not having perfect makeup. I'm talking about not brushing her teeth, not showering enough, wearing filthy clothes, etc. She's always prided herself on not being a "girly-girl" and I'm fine with that. But now, when she leaves for work, sometimes I worry what people are thinking of her. Of course I love her and want to be with her no matter what. I just don't know how to bring this up. CONCERNED HUSBAND

This might just be her personality, combined with the comfort of being married to someone who is generous with unconditional love (bravo on that, by the way!), or it could be something more serious, like depression or anxiety.

Pick a private and relaxed time to start the discussion. Tell her that you love how she's not a "girly-girl" and you don't want her to be, but you're concerned that she's not taking as good of care of herself as she used to, and you're worried about her. Do more listening than talking, and if she then makes some effort, no matter how small, praise it — without being condescending.

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

No Bib? No Prob

Even if you're not running in the Marine Corps Marathon on Sunday, you still need to worry about your time — and how much of it you can spend at the pre-race expo at the D.C. Armory (2001 E. Capitol St. SE) on Thu. (4-8 p.m.), Fri. (10 a.m.-7 p.m.) and Sat. (9 a.m.-7 p.m.). Free to the public, the event offers food samples, deals on athletic gear and the chance to get an autograph from running star Shalane Flanagan. More at Marinemarathon.com.

Pump Up Your Pedal Routine

Get your body ready to ride — and lift — at U Street's Off Road Indoor Cycling

As Lance Armstrong can tell you, simply biking isn't enough to win. You need to get out of the saddle to work on strength, too. So although riding is the focus of Off Road Indoor Cycling, the new studio on U Street also offers boxing, circuit training and other legal ways to build up your muscles.

PHOTOS BY TEDDY WOLFF

Cycle Circuit starts upstairs at Off Road, left, and then finishes up with strength training downstairs, right.

What It Is: Co-owners Tammar Berger and Tali Wenger have been addicted to cycling for more than a decade and wanted to create a space for die-hards like them. But they're trying just as hard to cater to total newbies.

"The most important thing for us is being welcoming. We're for any fitness level, and we have a wide variety of classes," says Wenger, who notes that folks just starting out can take advantage of the $10 half-hour intros that the pair teach each week in their 20-bike studio.

Work It Out

People more at home in their spandex can face the Sunday Sufferfest, a grueling two-hour training session that takes advantage of a large projection screen to show cycling videos shot around the world.

Why It's Unusual: "We want to build everything around cycling. And what complements that? Strength training," Berger says.

Many of the cycling studios that have opened up around Washington recently have added yoga and barre classes to their schedules to balance out the cardio component. With so many places to stretch near Off Road, Berger and Wenger decided to go in a different direction.

When it's time for cross-training, there's a second studio downstairs with mats, weights, punching bags and other equipment for classes such as TRX training, which forces students to take on their own body weight by using straps suspended from the ceiling.

Moves: What you do in class depends on the instructor at the front of it. In cycling classes, some teachers use the power meters attached to the bikes to get students to focus on their RPMs and wattage output. Others don't. Some take a dance-party approach to their rides, and some are more geared to recreating the outdoor experience.

The latter describes the style of Ron Benedict, who describes the terrain he's having students ride through by referencing local geography ("We're on U Street, so it's a flat road now"). In Benedict's Cycle Circuit class, students spend 50 minutes on the bikes, and then head downstairs for a fast-paced 15-minute routine of mountain climbers, push-ups, jumping jacks and lunges.

Details

Off Road Indoor Cycling (905 U St. NW, 202-681-1319, Offroaddc.com) charges $20 for a single class. Multi-class passes are discounted. Cycling shoes aren't required for the Schwinn bikes. There are two bathrooms but no showers.

Workout: There are towels everywhere — for good reason. "We expect people to sweat," Berger says.

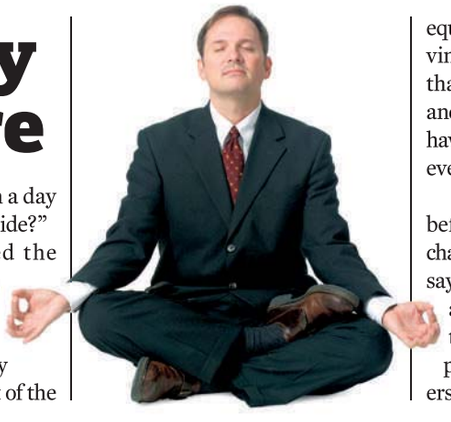
Jennifer Dunn, 32, certainly did on Thursday at Cycle Circuit. It's up to each rider to decide exactly how much to turn up the resistance and pick up the pace, but Dunn felt she didn't have any choice other than to push herself. "I didn't want to slack off," says Dunn, who liked the combo aspect of the class.

Same goes for 38-year-old Jeremy Klass, who was also at Cycle Circuit. "Once your legs are shot and can't take any more, you work another muscle group," says Klass, who thinks this kind of routine is for everyone. "There's nothing feminine or masculine about it. It's just hard work." VICKY HALLETT (EXPRESS)

Free Election Day Yoga Everywhere

As Nov. 6 approaches, it's not just the campaigns and Hill staffers who are worried about what the results could mean. It's also the athletic wear retailers.

"Within our team, we're thinking about the divisiveness," says Lululemon's Carolyn Manning. "How do we create unity on a day that feels so my side, your side?"



The chain has decided the answer is to partner with more than 40 yoga studios around the region to offer free classes for everyone. By taking financial barriers out of the equation, Lululemon hopes to convince more folks to try something that means "union" in Sanskrit — and do it alongside people who may have voted completely differently on every candidate and issue.

"What if you get up and practice before going to the polls? That'll change your perspective on the day," says Manning, who notes that it'll also allow people to show off that they participated. Lululemon is printing up "I Practiced" stickers (like the "I Voted" ones handed out at the polls) that the studios will distribute to students.

Manning recognizes that between getting to work and the polls, carving out time for yoga might be a challenge. That's why the program is spread throughout D.C., Maryland and Virginia, and the reason it's all of the classes, rather than just one time slot. If only voting were that convenient.

Check Electiondayyoga.com for a full list of participating studios and links to their schedules. V.H.

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Find Legit Drug Dealers

A new study shows the dangers of using online pharmacies

Those online deals on expensive prescription drugs may seem like a steal, but be careful. Researchers who analyzed the operations of 10,065 online pharmacies found that 97 percent of them violated the National Association of Boards of Pharmacy safety and practice standards in addition to state and federal laws. According to the report, unless your prescription comes from a valid website, you may be at risk for taking fake, contaminated or expired drugs, or ones that have yet to be approved by the FDA. Keep your eyes peeled for these six signs.

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Almost every organization, including the FDA and the DEA, deems this practice illegal, since it fails to meet the standard of care.

The site is off the grid.

It's kind of like the island on "Lost": If you can't find a single phone number or street address, does it really even exist?

You can't get a hold of an actual professional.

Legitimate pharmacies allow patients to contact pharmacists with questions about their meds.

It's international.

According to the new report, certain pharmacies that claim to be Canadian actually sell medicines that come from Asia, Central America, the Middle East and Eastern Europe, where regulations are often more lax — and counterfeit meds are way more common — than in the U.S.

Those prices seem too good to be true.

And you're right. Look for the NABP's "Verified Internet Pharmacy Practice Sites" (VIPPS) seal. You can also visit Pharmahelper.com (created by the NABP) to comparison shop for meds from legitimate online retailers. MADELINE HALLER

(REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Event Horizon

Moving Movies

Join Team Luna Chix DC Triathlon for a screening of indie films about and by women at 5 p.m. Wednesday at Clarendon's Hard Times Cafe (3028 Wilson Blvd.). There's no admission charge, but donations for the Breast Cancer Fund are welcome. For more info, go to Lunafest.org/arlington1023.

lookout

Guardian Angel
Michael Lohan seeks a conservatorship for daughter Lindsay 43

Sound Bets

TOMAS SQUIP

Spring's Eternal

After poet T.S. Eliot saw Igor Stravinsky's "The Rite of Spring" in 1921, he wrote a letter saying the avant-garde ballet took "the barbaric cries of modern life" and transformed "these despairing noises into music."

D.C. punk band Rites of Spring engaged in similar sonic alchemy during its brief run (1984-86), helping shift hardcore punk's lyrical narrative from anti-authoritarian rants to introspective songs influenced by poetry — including Eliot's.

By Christopher Porter

Rites of Spring's explosive self-titled 1985 LP captures the emotional turmoil of 20-year-old singer-guitarist Guy Picciotto (pictured, airborne), who'd later join seminal D.C. band Fugazi, in songs that are intensely raw but undeniably catchy. The group released only 17 songs, but Rites of Spring's influence on punk runs deep, which is why the new "Six Song Demo" is an important addition to the canon.

The 1984 recording was made before Rites of Spring had played live, so the songs don't feature the furious abandon the band displayed on stage. But no matter: Just as Eliot scholars pore over manuscript drafts of "The Waste Land," punk-rock musicologists will study every different cadence on "Six Song Demo."

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Heartbreak still dominates Taylor Swift's new album, "Red," but the songs feature much less country twang.

Swift Stardom

Pop's sweetheart tweaks her sound and embraces fame with her new album, 'Red'

Music

On Taylor Swift's new album, "Red," there's a song where the 22-year-old superstar sings about a fictional one: a famous singer who spends years under the glare of the spotlight, then ditches her uncomfortable fame for a life of solitude.

It sounds like Swift might be mapping out her eventual exit plan on "The Lucky One," which depicts the troubling side of celebrity: tabloids, paparazzi, living life in a bubble. It's certainly a scenario the multimillion-selling Swift can relate to: She's become a fixture in the gossip pages, especially with her penchant for famous boyfriends, including her latest, Conor Kennedy of the storied political clan.

But if "Lucky One" has a plotline that Swift would eventually like to live out, for now, it's just a daydream: Swift has come to embrace her larger-than-life status — and all the headaches that come with it.

"There's a lot of trade-offs," she says. "There's the microscope that's always on you. The camera flashes, the fear that something you say will be taken the wrong way and you'll let your fans down. There's the fear that you'll be walking down the street, your skirt will blow up and you'll be in the news for three months."

As she rattles off a few more of the negatives of fame, she adds: "You're scared of a lot of things for a lot of the time, but the trade-off of being able to get on a big stage and sing your songs — it's worth it."

Swift is perhaps on the biggest stage of her young career with the release of her fourth album, "Red." She's already scored her first No. 1 hit on the Billboard Hot 100 chart with "We Are Never Ever Getting Back Together." The song is still in the Top 10, and has company with her new song, "I Knew You Were Trouble," which takes the country star into further pop territory with auto-tune and dance synths.

Though "Red" caters to her country fan base, Swift was determined to "step outside my comfort zone" while crafting the album. She worked with songwriters from the pop world and recorded duets with Gary Lightbody of Snow Patrol and Ed Sheeran.

Heartbreak is again the muse for many of her songs. While she's seemingly in a dreamy relationship now, during the making of "Red" she had a well-publicized (but brief) romance with actor Jake Gyllenhaal that ended in heartbreak — according to those pesky tabloids.

While she doesn't read gossip about herself, Swift knows this is what she bargained for — and she's still happy with the way it's all turned out.

"Sometimes my mom and I just sit there and think, 'Remember when nobody believed this could happen for us, and we didn't even believe it?'" she says. "We actually got further than we ever imagined. ... I wouldn't change anything."

NEKESA MUMBI MOODY (AP)

"You're scared of a lot of things for a lot of the time, but the trade-off of being able to get on a big stage and sing your songs — it's worth it."

'Red' Reviewed: Taylor Tries A New Tune

Swift seems to have left country music behind on "Red," and it would be lovely to think her future is in songs like "The Last Time," a sweeping, orchestral duet with Snow Patrol's Gary Lightbody, whose presence makes her stand up a little straighter and tamp down her ingratiating Swift-isms. It's mournful and spacious, one of many tracks that show that the more grown-up Swift sounds, the better off she is. The song is an invitation to an adulthood that might not be all that bad. If Swift is smart, she'll take it. (THE WASHINGTON POST)

lookout entertainment

1 Here to Remind You

top stops

Alanis Morissette's 1995 hit "You Oughta Know" was everyone's personal ex-girlfriend nightmare set to music, but it was a welcome change after decades of dude-centered radio rock. Now, Morissette is back with her eighth album, "Havoc and Bright Lights," and a forthcoming film, "As Cool As I Am." ***Fillmore, 8656 Colesville Road, Silver Spring; Tue., 7 p.m., $42.50-$52.50; 301-960-9999, Fillmoresilverspring.com. (Silver Spring)***

2 It's Theater For the Birds

Humans dressed up as birds smacks of children's theater, but "Conference of the Birds," an adaptation of a 12th-century Persian poem, tackles that most adult of subjects: the search for meaning. A group of birds (it's a metaphor!) goes looking for God and uncovers myriad human truths. Tonight's performance is pay-what-you-can. ***Folger Theatre, 201 E. Capitol St. SE; through Nov. 25, $30-$68; 202-544-7077, Folger.edu/theatre. (Capitol South)***

3 Talking Pretty

When David Sedaris reads at Strathmore, the hall reaches NPR-listening, Prius-driving, Whole Foods-shopping critical mass. Experience the crush tonight when the essayist appears; he'll read from earlier works but usually tries out some new material too. ***Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda; Tue., 8 p.m., $48-$58; 301-581-5100, Strathmore.org. (Grosvenor)***

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Come On, Get 'Happy'

ABC's sitcom about 6 friends being funny looks to reach a wider audience in season 3

Television Preview

ABC 9:00

"We got lucky. We clicked," says Adam Pally, one of the half-dozen stars of "Happy Endings," ABC's comedy about six friends being funny in Chicago. "We're all playful and don't take anything too seriously. The six of us are troublemakers!"

"It's a combination of like minds," says Damon Wayans Jr. "We spend so much time with each other, it's like we became a family."

Wayans plays Brad, the metrosexual exec who, as this third "Happy" season (debuting Tuesday) begins, has been laid off from his job. Or so thinks Jane (Eliza Coupe), Brad's whippet-slim, high-strung and lovingly dominating wife, who likes the idea of her man at home waiting for her after her workday.

ADAM TAYLOR/ABC

The cast of "Happy Endings:" Elisha Cuthbert, Eliza Coupe, Casey Wilson, Adam Pally, Damon Wayans Jr. and Zachary Knighton.

"It's very important to us to not be a boring married couple on TV," Coupe says. "And it's really important to us to make sure they're weird and quirky."

Penny (Casey Wilson) is resuming her eternal search for Mr. Right, but something about her is new in the season opener: She is in a body cast (don't ask). Meanwhile, Max, the sarcastic and openly gay slacker played by Pally, falls in lust with Penny's hunky physical therapist.

"Sometimes it isn't a good thing to shove things down an audience's throat. It's good for them to just discover it."

— **ZACHARY KNIGHTON,** DAVE ON "HAPPY ENDINGS," ON WHY THE SHOW'S LACK OF PROMOTION HAS BEEN A PLUS.

Rounding out this sitcom sextet are Dave (Zachary Knighton), who, on the series' very first episode, was ditched at the altar by his panic-stricken fiancee, Alex (played by Elisha Cuthbert). But after last season, they are casually resuming their romance this season.

Since premiering in Winter 2011, "Happy Endings" has found loyal fans yet remains somewhat of a secret to many other viewers.

"In a weird way," says Knighton, "a lack of billboards or commercials or any promotion of any kind actually helped us. Sometimes it isn't a good thing to shove things down an audience's throat. It's good for them to just discover it."

A slow build?

"I want this to be a marathon," says Cuthbert. "I don't want this to be, y'know, a short race."

"Or a sprint," Knighton teases.

"I think what Elisha's trying to say is, she doesn't want this to be a short race," adds Pally.

"Or a short sprint," Knighton fires back.

The distinctive formula of "Happy Endings" is a blend of physical comedy, sight gags and comic cutaways with Mach-speed wordplay. ("Why are you using a travel agent?" Max asks Penny, who's planning a trip. "The only travel agent you need is a time-travel agent to take you back to a time when people still used travel agents.")

"'Happy Endings' lives in a world where everything is fast-paced. Everybody's up all the time," Pally says. "The hardest part of the job is keeping OUR energy up!"

FRAZIER MOORE (AP)

FX Puts 'Fargo' Back on the Map

The North Dakota town prepares for a TV take on the movie

Television

Ask folks in Fargo what they first thought about the 1996 movie that made their city famous, and some will tell you they were not fans.

But the fame and cash it brought Fargo eventually brought the city around. Now, 16 years later, Fargo awaits the debut of a new cable television show by the same name, and many residents here are less apprehensive about how their hometown will be portrayed this time around.

"Anything the Coen brothers are going to be involved in is going to be brilliant," says Kristin Rudrud, a local who appeared in the movie.

The Oscar-winning "Fargo" starred Frances McDormand as a pregnant police chief who investigates a series of murders, and William H. Macy as a car salesman who hires two criminals (Steve Buscemi and Peter Stormare) to kidnap his wife. Stormare ends up feeding Buscemi's body into a wood chipper.

Though the movie's story is mostly based in Minnesota, it made Fargo a household name for many across the country — to the early dismay of some city folk who watched the premiere at the Fargo Theater in 1996 — and walked out.

DAVE WALLIS/THE FORUM/AP

Mitch Highman takes a picture of the wood chipper from the move "Fargo," which was on display at the 2011 North Dakota Travel Industry Conference in Fargo, N.D.

Most residents have since come around, and city boosters hope the TV show, which is produced by Joel and Ethan Coen, and is still in development, will add to the notoriety.

"I don't know how it can be a bad thing for us," says Charley Johnson, president and CEO of the city's visitor's bureau. "People still talk about the movie all the time."

DAVE KOLPACK (AP)

good to know » Comic Louis C.K. will host "Saturday Night Live" with musical guest fun. Nov. 3. **»** "Lord of the Rings" star Andy Serkis plans to direct a motion-capture version of George Orwell's novel "Animal Farm." **»** AMC returns to Dish after a long dispute.

(EXPRESS)

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TV tonight lookout

With a Woman's Touch

The WIGS YouTube channel puts female voices in the spotlight

Streaming

"Friends" co-creator Marta Kauffman could just rest on her laurels if she wanted to. Instead, the sitcom veteran is moving online to explore more off-beat forms of storytelling — and to try her hand at directing.

Kauffman wrote and directed "Georgia," a short web series about a warmhearted yoga instructor-therapist who needs to heal herself when it comes to romance and family.

"Georgia," with Mary Elizabeth Ellis ("It's Always Sunny in Philadelphia") as the title character and Harold Perrineau ("Lost," "Sons of Anarchy") as her fiance, aired on the WIGS YouTube channel. Each of the three episodes runs between five to eight minutes. (New episodes of WIGS shows debut Monday, Wednesday and Friday.)

WIGSCO, LLC

"Friends" co-creator Marta Kauffman, right, wrote and directed the web series "Georgia," starring actress Mary Elizabeth Ellis, left, on YouTube's WIGS channel.

"It was so much fun," Kauffman said of the series. "It was a little bit like guerrilla television. We shot seven pages [of script] a day, and that's a lot."

WIGS, which launched last March, is the brainchild of two filmmakers, Jon Avnet ("Black Swan," "Fried Green Tomatoes") and Rodrigo Garcia ("Albert Nobbs"), who are turning the spotlight on women.

The lineup on WIGS (derived from the tag line "Where it gets interesting") includes original series, short films and documentaries. All feature lead female characters and stories that the channel calls provocative and "addictive."

"This was an opportunity to tell stories about many different women," Kauffman said. "Younger, older, whatever the writer wanted to bring to it." LYNN ELBER (AP)

Best Bets

CW 8:00

Hart of Dixie Zoe can't help feeling a pang of jealousy when she sees Wade with another woman. A scandal erupts that could cost Lavon (Cress Williams, left) the mayoral election after he takes the fall for Lemon (Jaime King, right).

ESPN 8:00

30 for 30 In 1984, high-school star Ben Wilson from Chicago's South Side was one of the country's most promising basketball prospects. But Wilson was murdered the day before his senior season was to begin. The documentary "Benji" looks back at his life.

NBC 9:01

Go On Ryan reluctantly agrees to take part in a scavenger hunt that the group planned for his birthday. Sonia takes care of Steven after his colonoscopy. Anne bonds with Mr. K over their mutual love of musicals.

CBS 10:00

Vegas Savino (Michael Chiklis, left) is targeted by the local Milwaukee crew when they both want to invest in the same casino. Sheriff Lamb (Dennis Quaid) investigates the murder of a black maid and uncovers a surprising connection to one of the town's richest businessmen. (TRIBUNE MEDIA)

Documentary

Crisis Averted

Using declassified records and interviews with surviving eyewitnesses, "Cuban Missile Crisis: Three Men Go to War" (8 p.m., PBS) looks at the personalities of Soviet leader Nikita Khrushchev, Cuban dictator Fidel Castro and President John F. Kennedy; the actions that brought the world to the brink of nuclear war in 1962; and the controversial compromises that saved the peace — and hundreds of millions of lives. (UNIVERSAL UCLICK)

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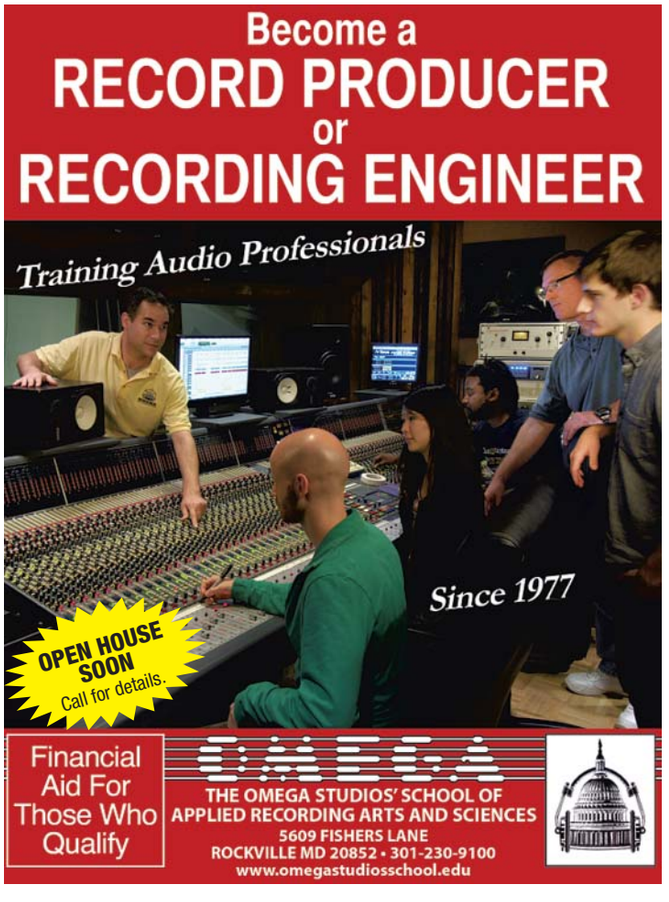

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4	$63,600

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LOCATION LOCATION
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SILVER SPRING- Big basement for rent, priv BA, shr kitchen, $700 including utils Call 301-875-1240

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Average issue. Compared to all Washington metro adults. Source: Scarborough 2012, Release 1.

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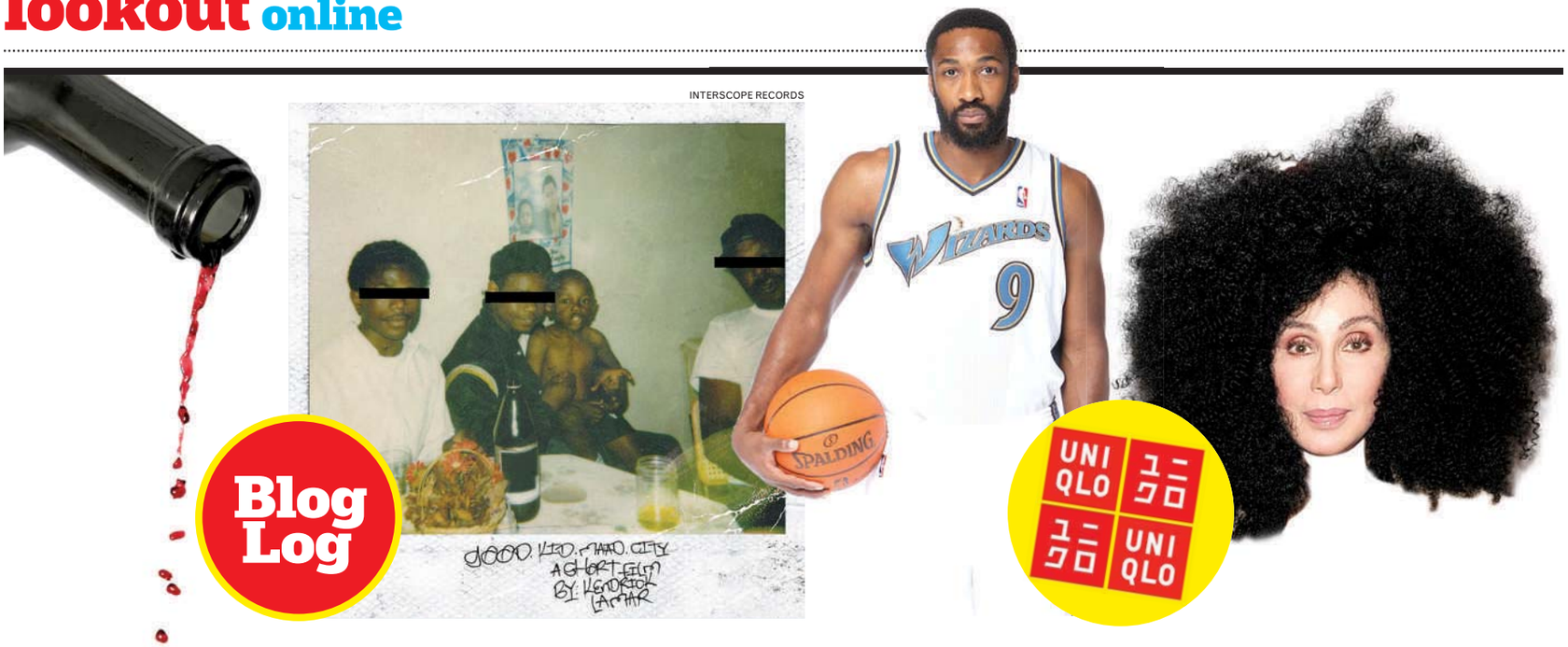

"I truly hate when I open a bottle that I don't like because it always hurts my heart to throw wine away. However, that's exactly what I do — dump it down the drain."

— Alleigh at **AGLASSAFTERWORK.COM/BLOG** answers a reader's question about how to handle wine that you don't like enough to finish.

Happy "Everyone posts Kendrick [Lamar] lyrics as tweets/FB statuses" week, y'all!"

— **@ERNESTWILKINS** thinks the Monday release of the L.A. rapper's major-label debut album, "good kid, m.A.A.d city," which has garnered popular acclaim, will prompt a wave of social-media support for the artist.

"If [Gilbert] Arenas ends up playing in China, he might have to mend some fences after calling out Georgetown's basketball team for getting 'beat up' by members of the Chinese National team during last year's exhibition tour. Arenas was less than flattering in his comments and tweets following the brawl."

— **TRACKING.SI.COM** reacts to an ESPN.com report that the former Washington Wizards player, according to sources, is giving indications that he might start the season by playing in China's pro basketball league.

"Uniqlo's online store is open. Goodbye, money."

— **@BRFREED** thinks the Japanese clothing designer will claim a bigger part of his budget now that it has made its goods available online.

"Unfinished or not, this [expletive] sounds amazing. There's no better way to start your day/week/the rest of your life than a good ole-fashioned diva comeback single"

— Lester Brathwaite at **QUEERTY.COM** thinks Cher's new single, "Woman's World," which was leaked prior to its final mix, is the new hotness.

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express

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puzzles lookout

Horoscope

SCORPIO (Oct. 23-Nov. 21) You may be facing one or two alternatives that do not really excite you. They may be better than the reality you are living with.

SAGITTARIUS (Nov. 22-Dec. 21) Consideration of the needs of those around you will be quite important, even as you tend to your own agenda.

CAPRICORN (Dec. 22-Jan. 19) You may be facing more difficulty today than you had anticipated, but you have armed yourself with the proper tools. You can do well.

AQUARIUS (Jan. 20-Feb. 18) You have a good reason to combat the sort of blind acceptance of others that got you into your current situation.

PISCES (Feb. 19-March 20) You'll have the chance to demonstrate just why you have attained the kind of reputation you have; others are impressed!

ARIES (March 21-April 19) You may be harboring a certain fear today that you are not willing to share with anyone but the person most invested in you.

TAURUS (April 20-May 20) You won't stumble across a quick fix; you'll have to work hard to devise a solution to a current problem.

GEMINI (May 21-June 20) You can do something new to address an old problem. Entertainment options are many, but you know what you're in the mood for.

CANCER (June 21-July 22) Someone in charge is likely to come to you with a special request. You should make time in your schedule to accommodate it.

LEO (July 23-Aug. 22) You can get more done as part of a team today than you can working on your own, though a conflict of personalities may slow things down a bit.

VIRGO (Aug. 23-Sept. 22) Be sure to consider all options currently on the table. Don't forget that you may be able to choose one not yet officially unveiled.

LIBRA (Sept. 23-Oct. 22) Someone is likely to come out of the background and play a central role in your affairs. The benefits far outweigh any possible risks.

PostPoints DAILY CODE ER

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 236

E1	F4	U1	R1	L1	N1	L1	1st Letter Double	RACK 1
I1	N1	A1	P3	X8	L1	E1	Triple Word Score	RACK 2
C3	S1	R1	S1	I1	O1	S1		RACK 3
R1	I1	M3	I1	Y4	C3	M3		RACK 4

Yesterday's Solution

N1	O1	N1	H4	E1	R1	O1	RACK 1 =	60
T1	O1	P3	K5	I1	C3	K5	RACK 2 =	88
H4	E1	A1	D2	S1	E1	T1	RACK 3 =	63
F4	E1	I1	S1	T1	Y4		RACK 4 =	12
PAR SCORE 145-155							TOTAL	223

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

				6	7		9	3
	6		1	2		8	5	
		7			3		6	
	3	4	8	1	5	9		
2		9		3		5		8
		8	9	7	2	1	3	
	7		3			6		
	4	6		5	1		8	
8	2		7	9				

Yesterday's Solution

3	8	7	5	9	2	6	4	1
5	4	6	7	1	8	3	2	9
2	9	1	4	6	3	7	5	8
1	5	2	8	7	4	9	6	3
4	7	8	9	3	6	5	1	2
6	3	9	1	2	5	8	7	4
9	2	4	3	5	7	1	8	6
7	6	3	2	8	1	4	9	5
8	1	5	6	4	9	2	3	7

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

78 | 59

Today: Sunny to partly cloudy, nice and warm today. Partly cloudy tonight.

82 | 59

Tomorrow: Partly sunny and pleasant tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
79 | 57	76 | 56	73 | 55

Sun and Moon
Sunrise today: 7:26 a.m.
Sunset today: 6:18 p.m.
Moonrise today: 2:57 p.m.
Moonset today: 1:19 a.m.

Almanac
Normal high: 66
Record high: 84
Normal low: 48
Record low: 29

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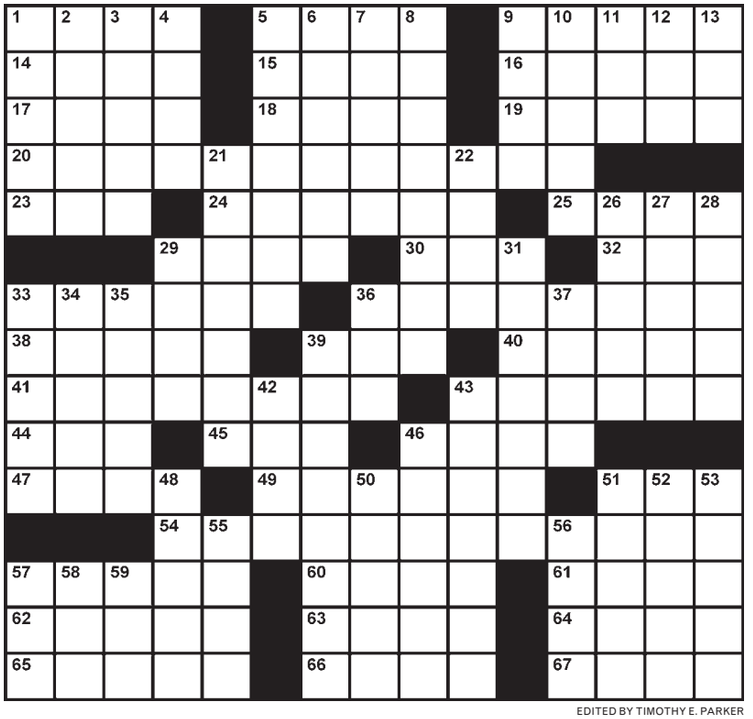
lookout puzzles

Crossword

ANIMAL INSTINCTS



EDITED BY TIMOTHY E. PARKER

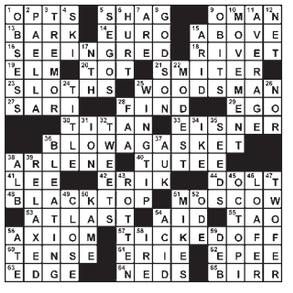
ACROSS

1 Shorts supports
5 Striker's substitute
9 Boot out
14 Diva's opera delivery
15 Fine-tune
16 Porsche propeller
17 Disagreeably damp
18 Jannings of old films
19 Uninviting, to a vegan
20 Store for future use
23 Diner's prerogative
24 It divides to multiply
25 Bathtub ring gunk
29 FBI guy
30 Tenth mo.
32 "___ seen worse"
33 Given new life
36 Immodestly brag about
38 Rounded molding
39 Marine mayday
40 Perfect in all ways
41 Eat hastily
43 Tropical fly
44 Rap sheet letters
45 Relaxing resort
46 Byte parts
47 Nitti nemesis
49 Have staying power
51 ___ de Cologne
54 Goof off
57 To whom a Muslim prays
60 Bibliographical abbreviation
61 Suitable for cacti, environmentally
62 Sphere of influence
63 Fishing eagle
64 Opposite of none
65 Siamese sobs
66 Shoddy clothing
67 Peter I, for one

DOWN

1 Possessed, in the Bible
2 Gulf War soldier
3 Locker room photo, perhaps
4 Japanese rice wine
5 Tank type
6 Adman's lure
7 Old-womanish
8 Beats a dead horse
9 Austen novel
10 Kids in pouches
11 Schedule letters
12 Barracks bed
13 Take a shot
21 Muzzle loaders
22 Texas city south of Dallas
26 Catlike carnivore with a spotted coat
27 Some eye parts
28 Country music's Haggard
29 Game on a green
31 Chubby Checker, famously
33 Atkinson of "Mr. Bean"
34 Conjure up
35 Gaucho's cattle-catchers
36 Jailbird
37 Lyrical tributes
39 More upscale
42 Candid
43 Long-winded rants
46 Giving credence to
48 Petty
50 Actress Winger of "Shadowlands"
51 Continental coins
52 Jung's feminine component
53 Whence milk comes
55 Units of electrical resistance
56 Brewer's kiln
57 Furnish with firepower
58 Bruce of martial arts films
59 Perry Mason's profession

Yesterday's Solution



Today in History

1915 Tens of thousands of women march in New York City, demanding the right to vote.

2007 Evacuations due to out-of-control wildfires in Southern California top 500,000.

2011 Libya's interim rulers declare the country liberated, formally marking the end of Moammar Gadhafi's 42-year tyranny.

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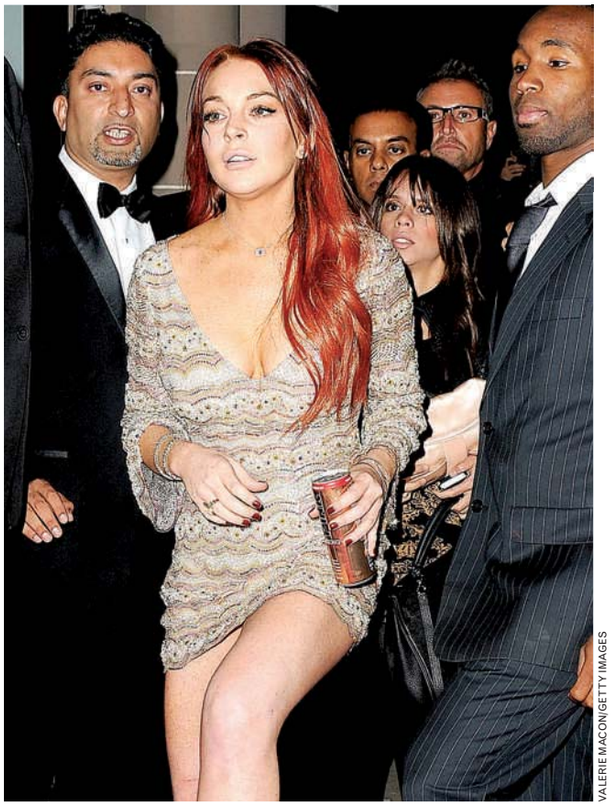
people lookout

SACRED VOWS

'For Better, for Worse; For Richer, for Poorer; In People But Not Us Weekly'

Justin Timberlake tells People that his wedding to Jessica Biel was "magical." Pre-wedding events included fireworks on the beach and a wine-and-cheese party. "It's great to be married, the ceremony was beautiful and it was so special to be surrounded by our family and friends," the couple said. Photos will appear only in People magazine. (EXPRESS)



VALERIE MACON/GETTY IMAGES

OVERLOAD

Too Many Lohans!

Michael Lohan is seeking a conservatorship for daughter Lindsay Lohan, TMZ.com reported. He doesn't want to be the conservator, though, knowing he'll be accused of making a grab at his daughter's money. He also doesn't want Dina Lohan to be given the role. Michael Lohan says his first act, if the court approves a conservatorship, will be to ask the conservator to put Lindsay Lohan in rehab. (EXPRESS)

ON THE MARKET

Police Procedurals Gain New Guest Star Option

Jennifer Esposito is tweeting about her removal from "Blue Bloods" by CBS. The network said Esposito wanted to work fewer hours and thus was "unable to perform the demands of her role." She says she has celiac disease: "After a week off my doc said I could return to work but CBS implied that I was NOT truly ill and this was a scheme to get a raise!" (EXPRESS)

"My first fake pregnancy rumor! I've finally made it!"

—**LEA MICHELE,** OF "GLEE," VIA TWITTER.

AILING

The Perfect Opportunity To Feign Amnesia Ignored

"Dancing With the Stars: All-Stars" contestant Melissa Rycroft was hospitalized Sunday for head and neck injuries incurred while rehearsing for Monday's show, E! News reported. She has since been released. Rycroft tweeted, "Been a long (and tough) week of Tango ... but back to attack again today. Sometimes nothing motivates you like frustration." (EXPRESS)

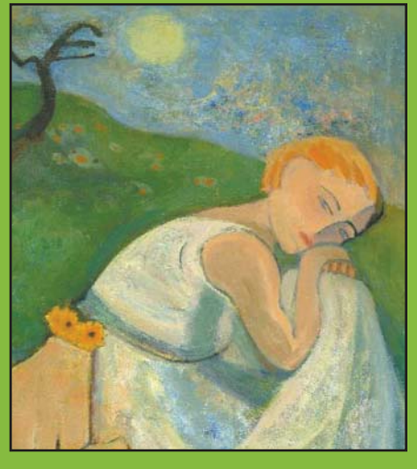
CHRISTOPHER POLK/GETTY IMAGES

"This burrito is really squirmy!"

Pragmatism

She Will Need Skills, Once Her Looks Are Gone

A professional wrestling academy has offered to teach Alana "Honey Boo Boo" Thompson to wrestle, TMZ.com reported. James Pittaro of D2W Pro Wrestling Academy says he'll fly Thompson and any one family member to New Jersey to learn the sport. Pittaro promised to pay for hotel accommodations as well. (EXPRESS)



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